Flash Cards and Games Can Help You Learn and Review Course Material

When studying for exams, games and flash cards will make reviewing material more interactive. They can also help you retain more of the information you’re trying to remember. Research shows that when you practice retrieving the information you’ve learned, you’ll do better when testing; knowing the information and being able to retrieve it quickly are critical to being a successful test taker.

Roediger states that “active retrieval appears to be critical to both learning and retention. Rather than waiting until the test is in front of them, students should be practicing information retrieval as a routine part of their exam preparation. Flash cards can be effective tools…” (as cited in Everding, 2008, para. 10). Games and quizzes that require a quick answer also help you practice pulling out the correct piece(s) of information. The actual process of creating flashcards is also important; retrieving and reorganizing the information onto flashcards actually strengthens the memory because you have to process the information as you do so.

Dunlosky states that “When students practice until they can get every answer correct and then repeat that process every few days, they encode the information much better” (as cited in Schwartz, 2017, para. 20). Reviewing material by distributed practice, where one spreads practice out over time, is much more effective than cramming the day before (Schwartz, 2017).

You’ll find links to many games and quizzes, along with the flash card generator Quizlet, in the online library. To access them, click on the Games tab on the library home page. Use them to help you review for finals.

References:
