

Student Retrieval Tracker

Build a Consistent Retrieval Practice Routine

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Instructions

Each time you complete a retrieval practice activity, record it below. The goal is not perfection—it's consistency. Regular retrieval strengthens long-term learning and helps identify areas that need additional review.

Weekly Retrieval Log

<u>Date</u>	<u>Topic Reviewed</u>	<u>Retrieval Strategy Used</u>	<u>Confidence (1-5)</u>

Strategies I Used This Week

- ☐ Brain Dump
- ☐ Practice Questions
- ☐ Flashcards

- ☐ One-Minute Recall
 - ☐ Teach Someone Else
 - ☐ Kahoot or Quiz Game
 - ☐ Case Study
 - ☐ Other: _____
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What I Learned

Which topic became easier after retrieval practice?

Which topic still needs more review?

My Plan for Next Week

The topic I will review first:

The retrieval strategy I will use most often:

The number of retrieval sessions I plan to complete:

- ☐ 1
 - ☐ 2–3
 - ☐ 4–5
 - ☐ Daily
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Weekly Reflection

What helped me remember information most effectively?

One study habit I want to improve next week:

Student Tip

Short, frequent retrieval sessions are more effective than one long study session before an exam. Even 10–15 minutes of active recall can strengthen learning.

ASCEND Framework

Evidence-informed instructional resources designed to support meaningful learning and practical implementation.

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