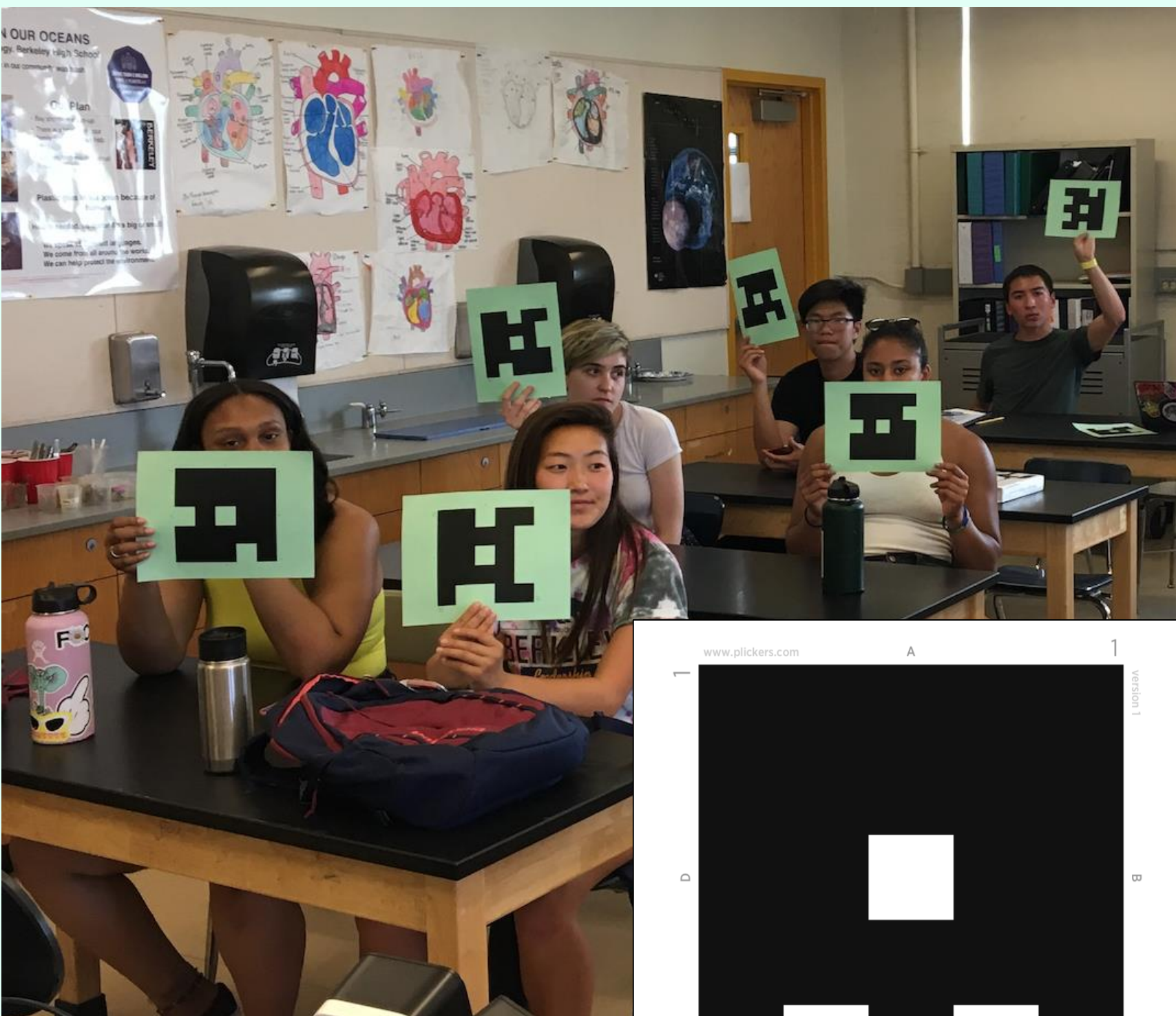


# NARRATIVE WRITING & RETRIEVAL PRACTICE TO REDUCE ANXIETY & IMPROVE PERFORMANCE

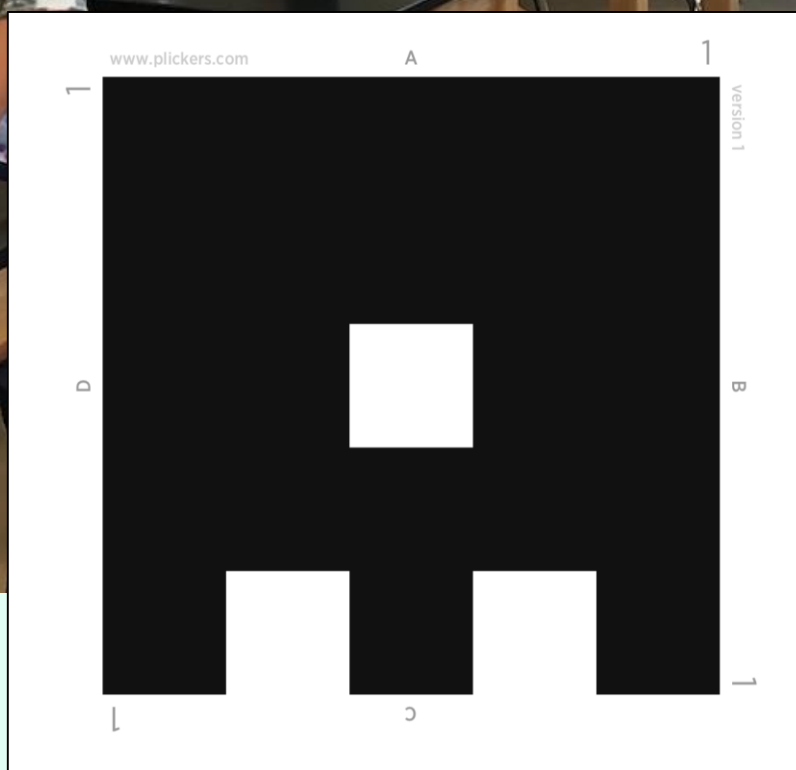
*Johannah Bearg - Berkeley High School - Berkeley, CA*

**Research Question:** Will reducing testing anxiety through narrative writing and providing students with retrieval practice through regular formative assessment improve test scores in my honors anatomy and physiology course?

**Background:** Berkeley High is a diverse public school in downtown Berkeley, California. Like many other schools in the country, Berkeley High suffers from a persistent achievement gap between students of color and their European American and Asian American counterparts. This research attempts to narrow this gap in two ways. First, by reducing the anxiety around test taking and second by utilizing retrieval practice to improve test performance. Research was conducted in researcher's 11<sup>th</sup> /12<sup>th</sup> grade anatomy physiology course.



Plickers™



## Methodology:

### Anxiety Reduction & Student Performance

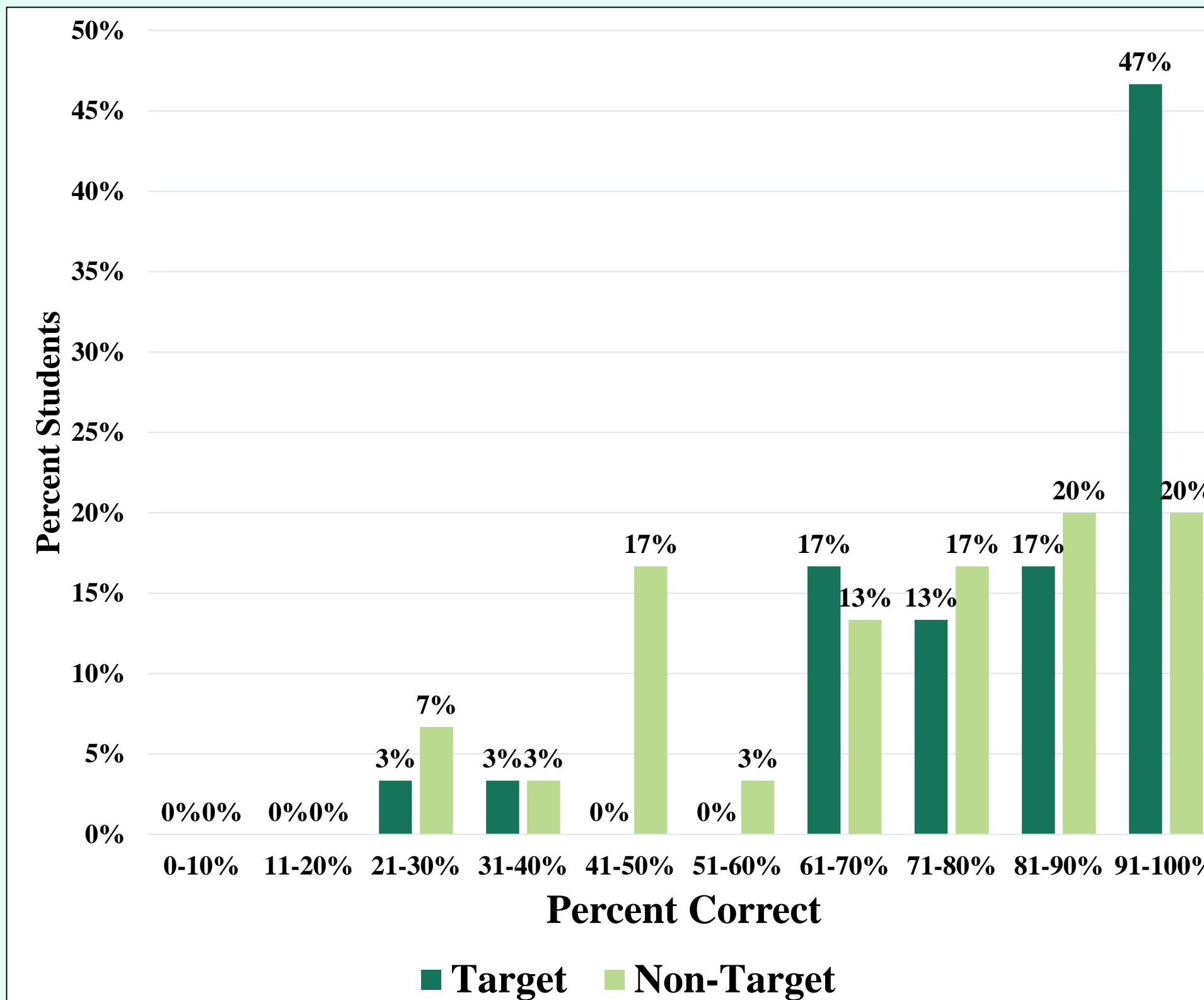
Narrative writing

Before/after self assessment of preparedness

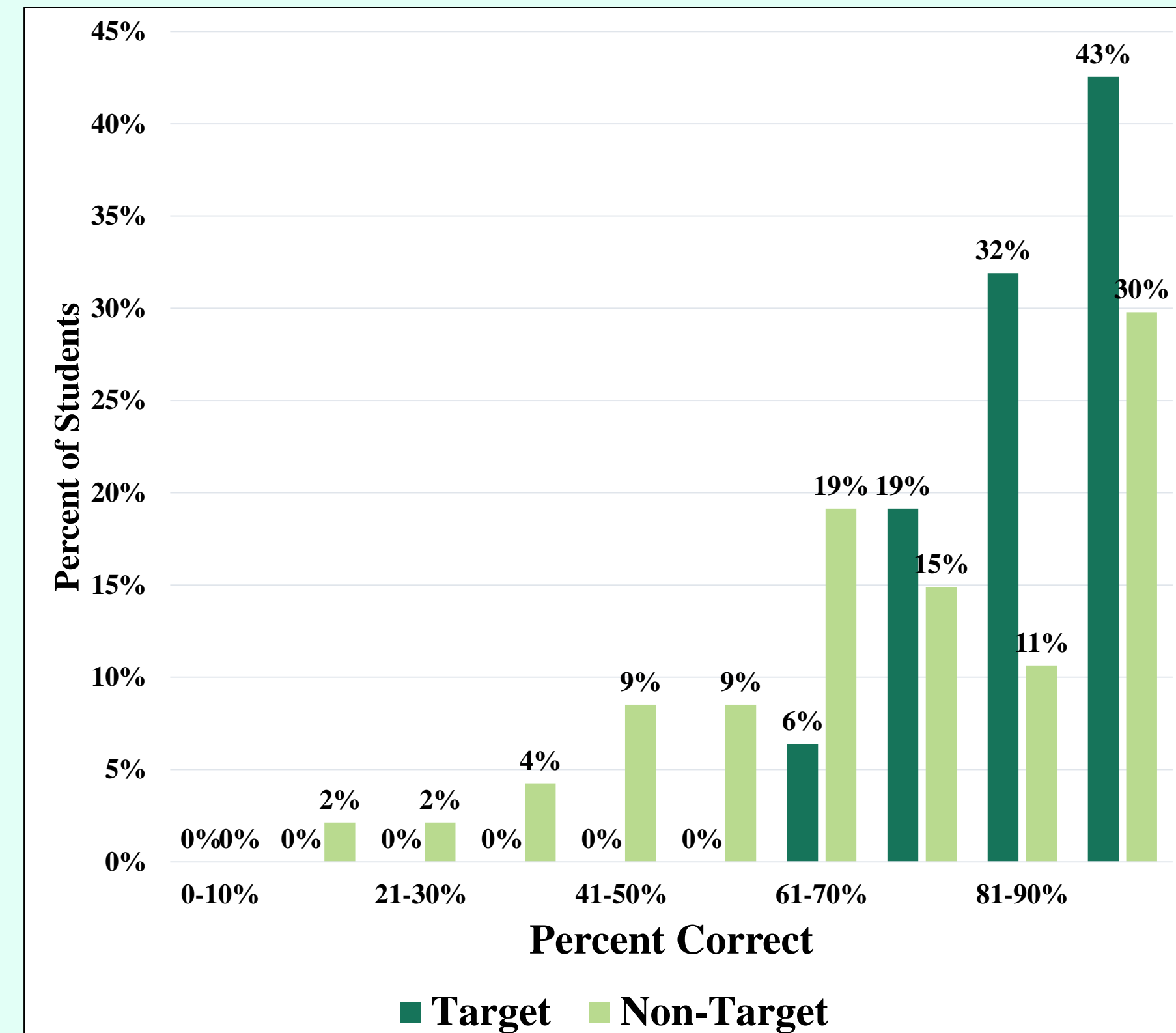
### Retrieval Practice & Student Preference

In-class retrieval practice of content using Plickers™ online assessment tool.

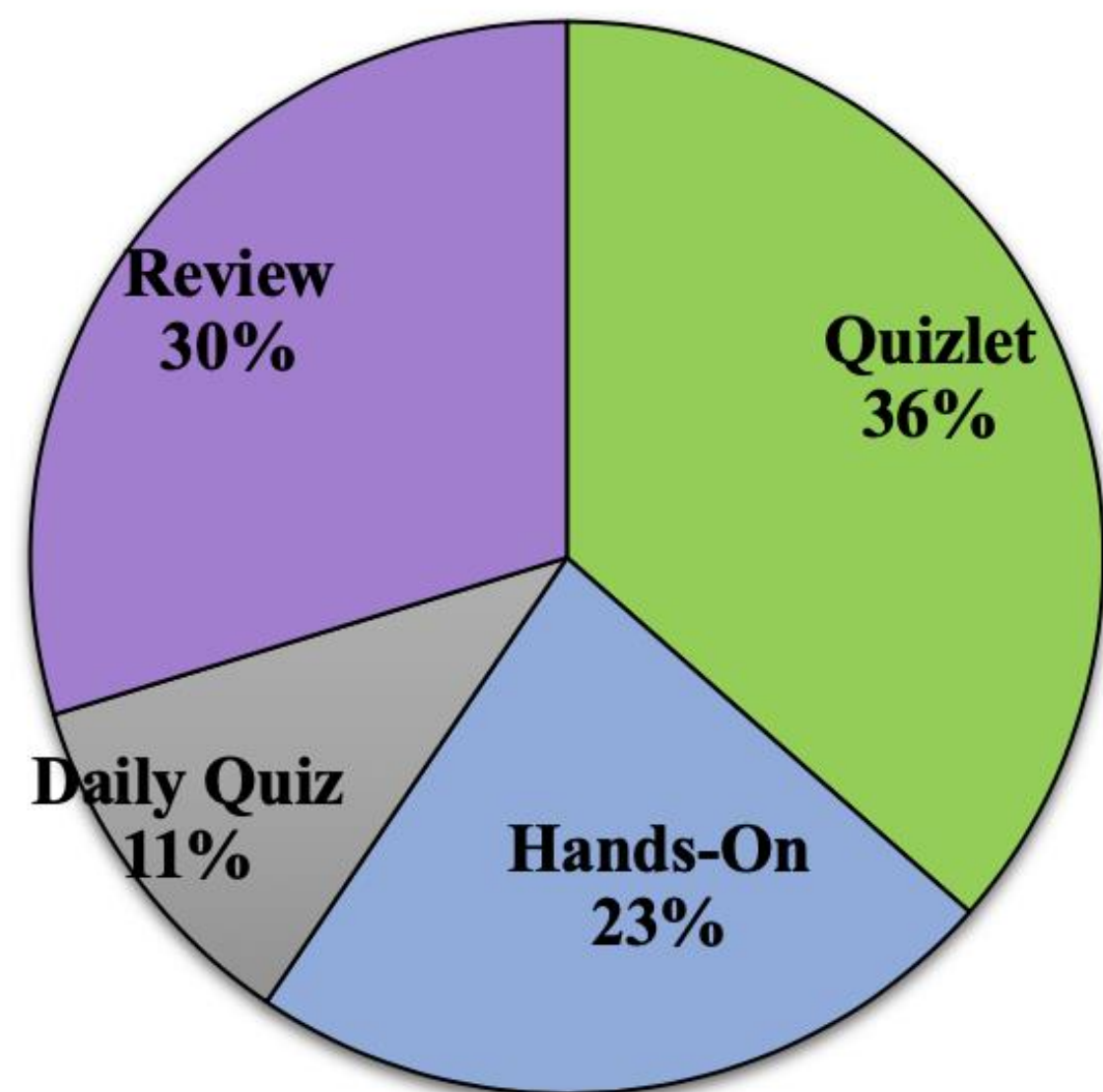
Student preference for test preparation survey



African American and Latino student performance on Target vs. Non-Target questions (N=30)



European American and Asian American student performance on Target vs. Non-Target questions (N=47)



Student Preference for Test Preparation (N=75)

## Conclusion:

- Most students performed better on questions that were covered by retrieval practice than those that were not.
- The effect of the treatment seemed larger for African American and Latino students
- Students did not rate retrieval practice/daily quiz as valuable form of review
- Attempt to measure the overall anxiety and effect of narrative writing was not successful

**Special thanks to Berkeley High School class of 2019 for being incredibly patient and helpful!**