Think You'll Ace That Test? Think Again. Then Start Studying

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U.S. News & World Report:

We hold many beliefs about memory—for instance, *if you study more, you learn more.* We are also constantly making judgments about particular instances of learning and remembering—*I'll never forget this party! That was easy to understand. I'll ace it on the test.*

But do beliefs influence judgments, and how do judgments affect memory performance? "There's a disconnect among beliefs, judgments, and actual memory," says Williams College psychologist Nate Kornell. Ask people to predict how or what they will learn and "in many situations, they do a breathtakingly bad job."

Read the whole story: U.S. News & World Report