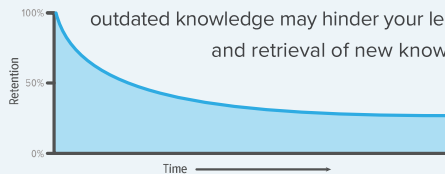


# THE VALUE OF ASSESSMENTS

Studies have found that there are four key elements to keeping knowledge current and easily retrievable. Taking an assessment as part of ABIM's Maintenance of Certification (MOC) program touches on all four of these elements.<sup>1</sup>

## KEEP COGNITIVE SKILLS FRESH

**Embrace changing standards in healthcare—**  
outdated knowledge may hinder your learning  
and retrieval of new knowledge



In the absence of deliberate practice, learned information is forgotten over time (The Forgetting Curve)<sup>2</sup>

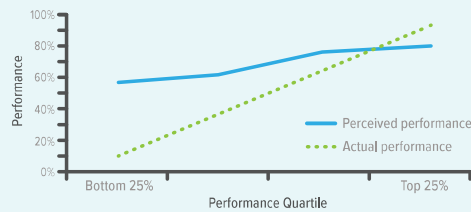
**Knowledge should be easily accessible**  
when you need it most, especially  
in patient care



Caddick ZA, Fraundorf SH, Rottman BM, Nokes-Malach TJ. Cognitive perspectives on maintaining physicians' medical expertise: II. Acquiring, maintaining, and updating cognitive skills. *Cogn Res Princ Implic.* 2023;8(1):47. doi: 10.1186/s41235-023-00497-8.

## GO BEYOND SELF-ASSESSMENT

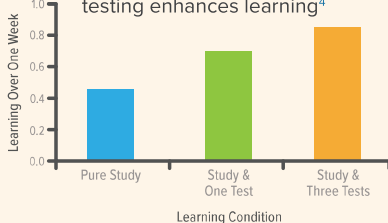
The less skilled are more unaware of their gaps  
in knowledge so that feedback on performance  
is essential (Dunning-Kruger Effect)<sup>3</sup>



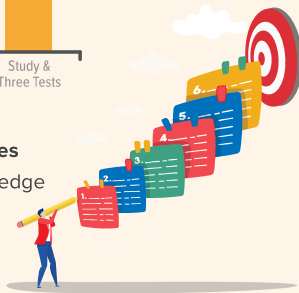
Fraundorf SH, Caddick ZA, Nokes-Malach TJ, Rottman BM. Cognitive perspectives on maintaining physicians' medical expertise: III. Strengths and weaknesses of self-assessment. *Cogn Res Princ Implic.* 2023;8(1):58. doi: 10.1186/s41235-023-00511-z.

## TESTING ENHANCES LEARNING AND RETENTION

**Testing effect:** Repeated recall of clinical content through  
testing enhances learning<sup>4</sup>



**Feedback with correct responses**  
enhances the ability to put knowledge  
into practice (such as ABIM's  
*Longitudinal Knowledge  
Assessment*)



Fraundorf SH, Caddick ZA, Nokes-Malach TJ, Rottman BM. Cognitive perspectives on maintaining physicians' medical expertise: IV. Best practices and open questions in using testing to enhance learning and retention. *Cogn Res Princ Implic.* 2023;8(1):53. doi: 10.1186/s41235-023-00508-8.

## CONSEQUENCES MOTIVATE

**Passing a consequential  
assessment can be a great  
source of motivation**



Nokes-Malach TJ, Fraundorf SH, Caddick ZA, Rottman BM. Cognitive perspectives on maintaining physicians' medical expertise: V. Using a motivational framework to understand the benefits and costs of testing. *Cogn Res Princ Implic.* 2023;8(1):64. doi: 10.1186/s41235-023-00518-6.

1. Rottman BM, Caddick ZA, Nokes-Malach TJ, Fraundorf SH. Cognitive perspectives on maintaining physicians' medical expertise: I. Reimagining Maintenance of Certification to promote lifelong learning. *Cogn Res Princ Implic.* 2023;8(1):46. doi: 10.1186/s41235-023-00496-9.  
2. Wixted JT, Carpenter SK. The Wickelgren power law and the Ebbinghaus savings function. *Psychol Sci.* 2007;18(2):133-4.

3. Kruger J, Dunning D. Unskilled and unaware of it: how difficulties in recognizing one's own incompetence lead to inflated self-assessments. *J Pers Soc Psychol.* 1999;77(6):1121-34.  
4. Roediger HL, Karpicke JD. Test-enhanced learning: taking memory tests improves long-term retention. *Psychol Sci.* 2006;17(3):249-55.