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.¹

**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Embrace changing standards in healthcare—outdated knowledge may hinder your learning and retrieval of new knowledge.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)²

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

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**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)³

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**TESTING ENHANCES LEARNING AND RETENTION**

Testing effect: Repeated recall of clinical content through testing enhances learning⁴

Feedback with correct responses enhances the ability to put knowledge into practice (such as ABIM’s Longitudinal Knowledge Assessment).⁵

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**CONSEQUENCES MOTIVATE**

Passing a consequential assessment can be a great source of motivation.⁶

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