

**U-Behavior: A Novel Learning and Teaching Method that Transforms Student Learning Behaviors**  
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Frequent, formative assessments promote learning by providing timely feedback about student learning and by allowing students to engage in spaced retrieval practice which has been shown to increase learning over massed cramming. Data compiled at CSU demonstrated the importance of how students use these formative assessments and underpin a new mechanism called U-Behavior, which trains students to use spaced retrieval practice. As shown in our introductory microbiology course, U-Behavior fosters effective study habits and produced study habits that resulted in statistically significant improvement in exam scores as well as scores on retention examinations 1 month after the course was completed. This strategy will be explained, and attendees will explore mechanisms for providing their students with similar guidance.