

9 Practice Test

Testing effect

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The testing effect (also known as retrieval practice, active recall, practice testing, or test-enhanced learning) suggests long-term memory is increased when part of the learning period is devoted to retrieving information from memory. It is different from the more general practice effect, defined in the APA Dictionary of Psychology as "any change or improvement that results from practice or repetition of task items or activities."

Cognitive psychologists are working with educators to look at how to take advantage of tests—not as an assessment tool, but as a teaching tool since testing prior knowledge is more beneficial for learning when compared to only reading or passively studying material (even more so when the test is more challenging for memory).

Virginity test

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A virginity test is the pseudoscientific practice and process of determining whether a woman or girl is a virgin; i.e., to determine that she has never engaged in, or been subjected to, vaginal intercourse. The test typically involves a check for the presence of an intact hymen, typically on the flawed assumption that it can only be, and will always be torn as a result of vaginal intercourse. Virginity testing is most common in Asia and the Middle East, as well as Northern and Southern Africa and in Europe.

Virginity testing is widely considered controversial because of its implications for the tested women and girls as it is viewed as unethical, and because such tests are widely considered to be unscientific. In cases of suspected rape, child sexual abuse, or other forms of sexual assault, a detailed examination of the hymen may be performed, but the condition of the hymen alone is often inconclusive. In October 2018, the UN Human Rights Council, UN Women and the World Health Organization (WHO) called for the ban of virginity testing as it is a painful, humiliating and a traumatic practice that constitutes violence against women.

Software testing

programming and testing. One agile practice, test-driven software development (TDD), is a way of unit testing such that unit-level testing is performed while

Software testing is the act of checking whether software satisfies expectations.

Software testing can provide objective, independent information about the quality of software and the risk of its failure to a user or sponsor.

Software testing can determine the correctness of software for specific scenarios but cannot determine correctness for all scenarios. It cannot find all bugs.

Based on the criteria for measuring correctness from an oracle, software testing employs principles and mechanisms that might recognize a problem. Examples of oracles include specifications, contracts, comparable products, past versions of the same product, inferences about intended or expected purpose, user

or customer expectations, relevant standards, and applicable laws.

Software testing is often dynamic in nature; running the software to verify actual output matches expected. It can also be static in nature; reviewing code and its associated documentation.

Software testing is often used to answer the question: Does the software do what it is supposed to do and what it needs to do?

Information learned from software testing may be used to improve the process by which software is developed.

Software testing should follow a "pyramid" approach wherein most of your tests should be unit tests, followed by integration tests and finally end-to-end (e2e) tests should have the lowest proportion.

Bechdel test

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The Bechdel test (BEK-dəl), also known as the Bechdel-Wallace test, is a measure of the representation of women in film and other fiction. The test asks whether a work features at least two women who have a conversation about something other than a man. Some versions of the test also require that those two women have names.

A work of fiction passing or failing the test does not necessarily indicate the overall representation of women in the work. Instead, the test is used as an indicator of the active presence (or lack thereof) of women in fiction, and to call attention to gender inequality in fiction.

The test is named after the American cartoonist Alison Bechdel, in whose 1985 comic strip *Dykes to Watch Out For* the test first appeared. Bechdel credited the idea to her friend Liz Wallace and the writings of Virginia Woolf. Originally meant as "a little lesbian joke in an alternative feminist newspaper", according to Bechdel, the test became more widely discussed in the 2000s, as a number of variants and tests inspired by it emerged.

Soaking (sexual practice)

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Soaking is a sexual practice of inserting the penis into the vagina but not subsequently thrusting or ejaculating, reportedly used by some Mormons, also known as members of the Church of Jesus Christ of Latter-day Saints (LDS Church). News sources do not report it being a common practice, and some Latter-day Saints have said that soaking is an urban legend and not an actual practice. Others report knowing church members who had soaked, or gave a firsthand account of trying the practice with a partner before marriage while a member of the LDS Church.

Postings on TikTok and other social media sites have stated that soaking serves as a purported loophole to the LDS Church's sexual code of conduct, called the law of chastity, which says that all sexual activity outside of a heterosexual marriage is a sin, and further bans masturbation for church members. At church-run schools like Brigham Young University, students who confess to or are reported for having pre- or extra-marital sex can be expelled because of the universities' codes of conduct. The LDS Church teaches that "it is wrong to touch the private [...] parts of another person's body even if clothed" outside of a monogamous heterosexual marriage. Some news sources directly state that the LDS Church and Mormons do not believe soaking is a loophole to the church's code of sexual conduct.

Professional and Linguistic Assessments Board

The Professional and Linguistic Assessments Board (PLAB) test provides the main route for International Medical Graduates (IMGs) to demonstrate that they

The Professional and Linguistic Assessments Board (PLAB) test provides the main route for International Medical Graduates (IMGs) to demonstrate that they have the necessary skills and knowledge to practise medicine in the United Kingdom (UK). PLAB is a two part assessment that overseas doctors (or international medical graduates), from outside the European Economic Area and Switzerland, usually need to pass before they can legally practise medicine in the UK. It is conducted by the General Medical Council of the United Kingdom. The test is designed to assess the depth of knowledge and level of medical and communication skills possessed by the international medical graduates. The PLAB blueprint sets out what candidates are expected to demonstrate in the test and beyond.

The PLAB test has 2 parts:

Part 1: Consists of a multiple choice format examination paper with 180 SBA's (One Hundred Eighty Single Best Answer questions with 5 options and one SBA) lasting 3 hours. This is a paper-based exam which is answered on a sheet provided by the invigilator (not computer-based). This part is conducted in a number of countries including Australia, Canada, United Kingdom, Bangladesh, Egypt, India, Pakistan, Nigeria and Sri Lanka.

Part 2: Consists of an objective structured clinical examination (OSCE). This part is only available in Manchester. It consists of 16 clinical stations. All the stations are eight minutes long, plus two minutes reading time. The standard of both parts of the PLAB exam is set at the level of competence of a doctor at the start of Foundation Year 2 (F2) in the Foundation Programme.

Intelligence quotient

cohort effects (the birth year of the test-takers) and practice effects (test-takers taking the same form of IQ test more than once) must be controlled to

An intelligence quotient (IQ) is a total score derived from a set of standardized tests or subtests designed to assess human intelligence. Originally, IQ was a score obtained by dividing a person's estimated mental age, obtained by administering an intelligence test, by the person's chronological age. The resulting fraction (quotient) was multiplied by 100 to obtain the IQ score. For modern IQ tests, the raw score is transformed to a normal distribution with mean 100 and standard deviation 15. This results in approximately two-thirds of the population scoring between IQ 85 and IQ 115 and about 2 percent each above 130 and below 70.

Scores from intelligence tests are estimates of intelligence. Unlike quantities such as distance and mass, a concrete measure of intelligence cannot be achieved given the abstract nature of the concept of "intelligence". IQ scores have been shown to be associated with such factors as nutrition, parental socioeconomic status, morbidity and mortality, parental social status, and perinatal environment. While the heritability of IQ has been studied for nearly a century, there is still debate over the significance of heritability estimates and the mechanisms of inheritance. The best estimates for heritability range from 40 to 60% of the variance between individuals in IQ being explained by genetics.

IQ scores were used for educational placement, assessment of intellectual ability, and evaluating job applicants. In research contexts, they have been studied as predictors of job performance and income. They are also used to study distributions of psychometric intelligence in populations and the correlations between it and other variables. Raw scores on IQ tests for many populations have been rising at an average rate of three IQ points per decade since the early 20th century, a phenomenon called the Flynn effect. Investigation of different patterns of increases in subtest scores can also inform research on human intelligence.

Historically, many proponents of IQ testing have been eugenicists who used pseudoscience to push later debunked views of racial hierarchy in order to justify segregation and oppose immigration. Such views have been rejected by a strong consensus of mainstream science, though fringe figures continue to promote them in pseudo-scholarship and popular culture.

Black-box testing

Black-box testing, sometimes referred to as specification-based testing, is a method of software testing that examines the functionality of an application

Black-box testing, sometimes referred to as specification-based testing, is a method of software testing that examines the functionality of an application without peering into its internal structures or workings. This method of test can be applied virtually to every level of software testing: unit, integration, system and acceptance. Black-box testing is also used as a method in penetration testing, where an ethical hacker simulates an external hacking or cyber warfare attack with no knowledge of the system being attacked.

Brown paper bag test

"The brown paper bag test" is a term in Black oral history used to describe a colorist discriminatory practice within the Black community in the 20th

"The brown paper bag test" is a term in Black oral history used to describe a colorist discriminatory practice within the Black community in the 20th century, in which an individual's skin tone is compared to the color of a brown paper bag. The test was used to determine what privileges an individual could have; only those with a skin color that matched or was lighter than a brown paper bag were allowed admission or membership privileges. The test was believed by many to be used in the 20th century by many Black-American social institutions such as sororities, fraternities, and social clubs.

The term is also used in reference to larger issues of class and social stratification and colorism within the Black population. People were barred from having access to several public spaces and resources because of their darker complexion.

Multi-stage fitness test

fitness test (MSFT), also known as the beep test, bleep test, PACER test (progressive aerobic cardiovascular endurance run), or the 20m shuttle run test, is

The multi-stage fitness test (MSFT), also known as the beep test, bleep test, PACER test (progressive aerobic cardiovascular endurance run), or the 20m shuttle run test, is a running test used to estimate an athlete's aerobic capacity (VO2 max).

The test requires participants to run 20 meters back and forth across a marked track keeping time with beeps. Every minute, the time between beeps gets shorter; and participants must run faster. If a participant fails to reach the relevant marker in time, they are cautioned. A second caution ends the test for that runner. The number of shuttles completed is recorded as the score of that runner. The score is recorded in Level. Shuttles format (e.g. 9.5). The maximum laps on the PACER test is 247.

The test is used by sporting organizations around the world along with schools, the military, and others interested in gauging cardiovascular endurance, an important component of overall physical fitness. The multi-stage fitness test is also part of most health-related fitness test batteries for children and adolescents, such as Eurofit, Alpha-fit, FitnessGram and ASSOFTB.

The multi-stage fitness test was first described by Luc Léger with the original 1-minute protocol, which starts at a speed of 8.5 km/h, and increases by 0.5 km/h each minute. Other variations of the test have also been

developed, where the protocol starts at a speed of 8.0 km/h and with either 1 or 2-minute stages, but the original protocol is nevertheless recommended. The test appears to encourage maximal effort by children. Additionally, the test's prediction of aerobic capacity is valid for most individuals, including those who are overweight or obese.

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