FRET & NOTE

Make a quiz part of practice

Reading guitar notes · What research supports

Look at a note, try to retrieve its name or position from memory, then check it. Each question becomes a small opportunity to learn.

01 Retrieve, then check

Quizzing supports lasting retention [1]. That does not mean better immediate performance in every session [2]. With multiple-choice questions, feedback helps retain correct answers and reduces learning of incorrect alternatives [3].

02 Come back later

Spacing review across separate occasions supports memory [4]. Try tomorrow, then a few days later. This is a practical starting point: research does not establish one ideal guitar practice calendar.

03 Support motivation and attention

Vocabulary experiments found more voluntary study after retrieval with feedback [5]. Quizzes also reduced mind wandering during an online lecture [6]. These are encouraging findings in specific settings, not a guarantee of engagement for every guitarist.

04 Practise away from your guitar

Use a quiet break to recognise written notes on a chart or phone when your guitar is elsewhere. Save fingering and rhythm practice for your next instrument session. Easy access helps you make room for practice in everyday life.

Your next small step

On string 1: E, F, G. Learn them, cover the chart, retrieve, check and revisit later. Add a simple rhythm and play them on your guitar [7].

Read the article and sources

Scope: mostly non-guitar studies; effects depend on the task [8]. These are not trials of Fret & Note or proof of a universally fastest method. Rhythm and instrumental playing still need practice.

Research cited · clickable links

[1] Yang et al. (2021)
doi.org/10.1037/bul0000309

[2] Roediger & Karpicke (2006)
doi.org/10.1111/j.1467-9280.2006.01693.x

[3] Butler & Roediger (2008)
doi.org/10.3758/MC.36.3.604

[4] Cepeda et al. (2006)
doi.org/10.1037/0033-2909.132.3.354

[5] Abel & Bäuml (2020)
doi.org/10.1016/j.cognition.2020.104316

[6] Szpunar et al. (2013)
doi.org/10.1073/pnas.1221764110

[7] Mishra (2016)
doi.org/10.1177/0305735615610925

[8] Ruitenburg et al. (2026)
doi.org/10.1007/s10648-026-10225-5

© 2026 Fret & Note · Free printing and sharing with the name and link intact.