

# ANDRADE, J. (2010) WHAT DOES DOODLING DO? PRACTICE EXAM (SAMPLE) STUDY GUIDE



## SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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<https://andradewhatdoesdoodlingdo.examzify.com>



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# Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

# How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

## 1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

## 2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

## 3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

## 4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

## 5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

## 6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

## Questions

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- 1. Which concept describes a shift in attention towards memories or fantasies rather than the immediate situation?**
  - A. Mind-wandering
  - B. Daydreaming
  - C. Task-focused attention
  - D. Conscious processing
- 2. How does Andrade challenge traditional views on learning distractions?**
  - A. Doodling should always be avoided
  - B. All distractions are harmful for learning
  - C. Some distractions, like doodling, can be beneficial
  - D. Only planned distractions are useful
- 3. What implication do Andrade's findings have for digital learning tools?**
  - A. Digital platforms should avoid interactive features
  - B. Doodling features could enhance user engagement and retention
  - C. Digital tools should focus solely on text-based content
  - D. Digital platforms should remove all drawing functionalities
- 4. What was one unexpected outcome of the study regarding participants in the doodling group?**
  - A. They reported higher anxiety levels
  - B. They found it harder to concentrate
  - C. They felt more relaxed after doodling
  - D. They experienced increased confusion
- 5. Which part of the brain is believed to be engaged during doodling?**
  - A. Frontal lobe
  - B. Limbic system
  - C. Occipital lobe
  - D. Parietal lobe

- 6. What does doodling potentially improve according to the study?**
- A. Memory recall
  - B. Mathematical skills
  - C. Creative thinking
  - D. Physical coordination
- 7. How does doodling affect memory retention according to Andrade's findings?**
- A. Doodling hinders memory retention
  - B. Doodling has no effect on memory retention
  - C. Doodling improves memory retention
  - D. Doodling negatively distracts from memory tasks
- 8. What demographic did Andrade's study primarily focus on?**
- A. High school students
  - B. Working professionals
  - C. College students
  - D. Senior citizens
- 9. How do Andrade's findings relate to student well-being during learning?**
- A. Doodling creates a stressful learning environment
  - B. Doodling fosters anxiety in students
  - C. Doodling may reduce anxiety
  - D. Doodling has no effect on student well-being
- 10. Which of the following best represents how information is typically transduced by the senses?**
- A. Through memory retrieval
  - B. Via cognitive processes
  - C. As sensory storage memory
  - D. By using visual and auditory methods



## **Answers**

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1. B
2. C
3. B
4. C
5. B
6. A
7. C
8. C
9. C
10. C

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## **Explanations**

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**1. Which concept describes a shift in attention towards memories or fantasies rather than the immediate situation?**

- A. Mind-wandering
- B. Daydreaming**
- C. Task-focused attention
- D. Conscious processing

*The concept that accurately describes a shift in attention towards memories or fantasies rather than the immediate situation is mind-wandering. Mind-wandering refers to a state where an individual's thoughts drift away from the task at hand, often leading to a focus on personal memories, future plans, or imaginative scenarios. This phenomenon can occur during monotonous tasks or when one's mind is allowed to roam freely, making it more about the internal thoughts than the external environment. Daydreaming can be seen as a form of mind-wandering that specifically involves envisioning pleasant or fantastical scenarios. However, it does not fully encompass the broader range of mind-wandering experiences that include both positive and negative thoughts. Task-focused attention is the opposite of mind-wandering, as it denotes a concentrated focus on the current task rather than drifting off into memories or fantasies. Conscious processing refers to being actively aware of and manipulating thoughts, which also contrasts with the involuntary aspect of mind-wandering. Thus, the term mind-wandering more accurately encompasses a general tendency for thoughts to stray from current realities toward internal musings.*

**2. How does Andrade challenge traditional views on learning distractions?**

- A. Doodling should always be avoided
- B. All distractions are harmful for learning
- C. Some distractions, like doodling, can be beneficial**
- D. Only planned distractions are useful

*Andrade challenges traditional views on learning distractions by proposing that some distractions, specifically doodling, can actually enhance cognitive processes rather than hinder them. This perspective contrasts with the common belief that all forms of distraction are detrimental to learning. Doodling allows individuals to engage their minds in a subtle way, which can facilitate focus and retention of information. This engagement helps to keep the brain from becoming overwhelmed or fatigued by the task at hand, ultimately fostering better learning outcomes. While other options suggest a blanket view of distractions—either labeling them as harmful or placing restrictions on what can be beneficial—Andrade's approach highlights the nuanced relationship between attention and engagement. By recognizing that certain types of distractions can support cognitive functioning, such as doodling, he provides a more flexible understanding of how we can effectively balance focus and distraction in learning environments.*

### 3. What implication do Andrade's findings have for digital learning tools?

- A. Digital platforms should avoid interactive features
- B. Doodling features could enhance user engagement and retention**
- C. Digital tools should focus solely on text-based content
- D. Digital platforms should remove all drawing functionalities

*Andrade's findings suggest that doodling can enhance cognitive engagement, improving information retention and focus during learning activities. The inclusion of doodling features in digital learning tools aligns with the observation that allowing users to visually express their thoughts can lead to better engagement with the material. This engagement is particularly crucial in digital contexts where attention spans can be shorter. By incorporating doodling functionalities, digital platforms can encourage active participation and creative expression, which can lead to an enriched learning experience. This innovation can help learners recall information more effectively and maintain interest throughout the learning process. In contrast, the other options suggest eliminating interactive or creative elements, which would likely decrease engagement rather than enhance it.*

### 4. What was one unexpected outcome of the study regarding participants in the doodling group?

- A. They reported higher anxiety levels
- B. They found it harder to concentrate
- C. They felt more relaxed after doodling**
- D. They experienced increased confusion

*In the study, one unexpected outcome observed in the doodling group was an increased sense of relaxation after engaging in the activity. Doodling provides a form of distraction that allows the mind to wander while still keeping the hands occupied, which can create a calming effect. This balance between physical activity and mental engagement is believed to reduce stress and promote a sense of ease. Participants may have felt that the act of doodling helped them to process information in a more relaxed manner, leading to a positive emotional response post-activity. The finding reflects the potential benefits of doodling beyond mere note-taking, suggesting it can enhance mood and cognitive function by alleviating tension.*

### 5. Which part of the brain is believed to be engaged during doodling?

- A. Frontal lobe
- B. Limbic system**
- C. Occipital lobe
- D. Parietal lobe

*The limbic system is indeed believed to be engaged during doodling, as it plays a crucial role in processing emotions and is associated with creativity and memory. Doodling can stimulate emotional responses and facilitate a free-flowing thought process, which can enhance creativity. The engagement of the limbic system during doodling may explain why this activity often allows the mind to wander and access thoughts more freely, making it a useful tool for improving information retention and focus. While other brain regions are also involved in various aspects of thinking and drawing, the limbic system is particularly relevant due to its connection to emotional engagement and its influence on overall cognitive function during creative activities.*

## 6. What does doodling potentially improve according to the study?

- A. Memory recall
- B. Mathematical skills
- C. Creative thinking
- D. Physical coordination

*According to Andrade's study, doodling potentially improves memory recall. This is because engaging in a simple, non-distracting activity like doodling can allow for better focus on the primary task at hand, such as listening to information or studying. When individuals doodle, they are able to maintain a level of engagement that helps prevent daydreaming or inattentiveness, which in turn enhances their ability to retain and recall the information later. Other skills, such as mathematical skills, creative thinking, and physical coordination, were not directly linked to doodling in the context provided by the study. While doodling might encourage some elements of creative thinking, the primary focus of Andrade's research was the impact on memory recall rather than these other cognitive or physical skills. Therefore, the evidence supports that memory recall is significantly enhanced through the act of doodling.*

## 7. How does doodling affect memory retention according to Andrade's findings?

- A. Doodling hinders memory retention
- B. Doodling has no effect on memory retention
- C. Doodling improves memory retention
- D. Doodling negatively distracts from memory tasks

*Doodling improves memory retention by allowing individuals to engage in a low-level cognitive task while simultaneously listening or processing information. Andrade's research indicates that this seemingly simple activity helps to maintain focus and prevent mind-wandering, which can detract from the ability to absorb and recall information. The act of doodling can enhance engagement with the material, making it easier for individuals to remember details later. This dual engagement means that while one part of the mind is occupied with doodling, other parts remain attentive to the central content being presented, ultimately aiding memory retention.*

## 8. What demographic did Andrade's study primarily focus on?

- A. High school students
- B. Working professionals
- C. College students
- D. Senior citizens

*In Andrade's study, the primary focus was on college students. This demographic is significant because college students often engage in activities that require sustained attention and cognitive effort, making them ideal subjects for examining the effects of doodling during tasks that typically demand concentration. The study aimed to determine how doodling might aid in memory retention and information processing among this group, who are frequently tasked with absorbing large amounts of information in a short period. Thus, focusing on college students provides relevant insights into the cognitive processes involved in learning and memory in an academic setting.*

**9. How do Andrade's findings relate to student well-being during learning?**

- A. Doodling creates a stressful learning environment
- B. Doodling fosters anxiety in students
- C. Doodling may reduce anxiety**
- D. Doodling has no effect on student well-being

*Andrade's findings suggest that doodling can play a positive role in student well-being during learning by potentially reducing anxiety. The act of doodling has been associated with maintaining a level of engagement without the pressure often found in more structured learning activities. This creative outlet allows students to process information in a less formal manner, which can lead to a more relaxed state of mind. As students doodle, they may experience a reduction in cognitive load, which can alleviate feelings of anxiety associated with complex subject matter or exam preparation. Therefore, rather than being a distraction, doodling can serve as a helpful tool that enhances both emotional well-being and focus, contributing positively to the overall learning experience.*

**10. Which of the following best represents how information is typically transduced by the senses?**

- A. Through memory retrieval
- B. Via cognitive processes
- C. As sensory storage memory**
- D. By using visual and auditory methods

*The correct response captures the concept of sensory transduction, which refers to the process through which sensory receptors convert stimuli from the environment into neural signals that the brain can interpret. Sensory storage memory pertains to the brief retention of information received through the senses before it is further processed or encoded. Transduction primarily involves the initial stages of perception where raw sensory input, such as light or sound waves, is transformed into a form that can be processed by the nervous system. This aligns closely with the idea of sensory storage, where transient sensory information is held momentarily. In contrast, other choices do not align with the fundamental process of sensory transduction. Memory retrieval involves recalling past experiences or information, which is a later cognitive process rather than a direct means of transducing sensory input. Cognitive processes are related to how we interpret or analyze information after it has been transduced. Visual and auditory methods pertain to specific modalities of sense but do not encompass the overall mechanism of how transduction occurs across all senses.*

## Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at [hello@examzify.com](mailto:hello@examzify.com).

Or visit your dedicated course page for more study tools and resources:

<https://andradewhatdoesdoodlingdo.examzify.com>

We wish you the very best on your exam journey. You've got this!

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