

The EverLearner

PRACTICE & RETRIEVAL

50% OF LEARNING IS FORGOTTEN AFTER **20 MINUTES**

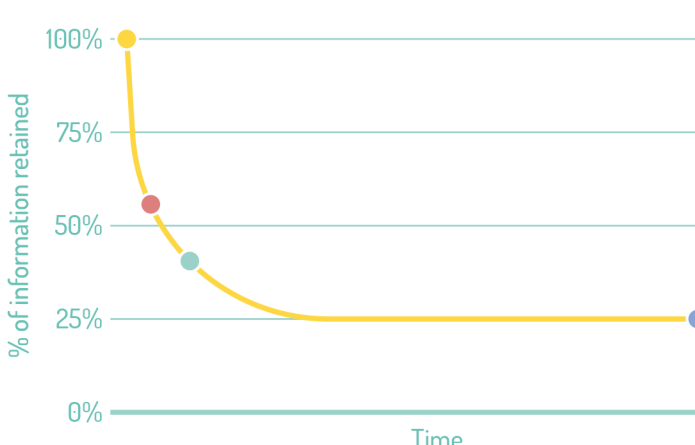
MAKE WHAT IS LEARNED **MEANINGFUL**

TO INCREASE REMEMBERING

TO DECREASE FORGETTING

INTRODUCE **PRACTICE AND REVIEW**

EBBINGHAUS'S FORGETTING CURVE



The **forgetting curve** describes the decrease in the ability of the brain to retain memory over time.

- First learning
- 20 minutes
- 1 day
- 30 days

SUCCESSFUL AND JOYFUL LEARNING

- 💡 Just learned? Practise!
- 💡 Learned last week? Practise and intersperse with new knowledge.
- 💡 Learned last month? Practise again to see if it has been retained.

Key Points



Learning + engaging stimuli = meaningful learning



Practice after learning = slower forgetting

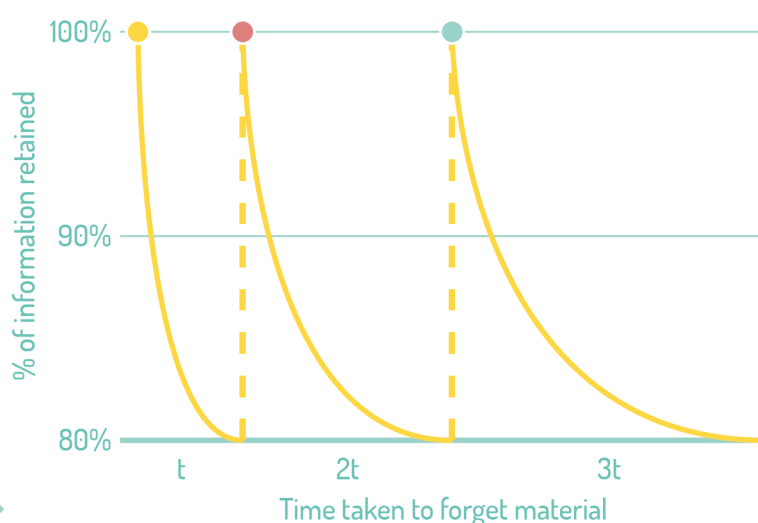


Repeated practice + review = Increased memory

THE FORGETTING CYCLE

The **forgetting cycle** describes the impact of practice and review on memory. Practice and review double the time it takes to forget. This has implications for the timing of revision, interleaving and curriculum planning.

- First learning
- Practice and review 1
- Practice and review 2



10 Instructional Principles

1

Begin with a short **review** of previous learning.

6

Check for student understanding.

2

Present new information in small steps with **practice** after every step.

7

Obtain **high success** rates.

3

Ask large numbers of **questions** and check responses of all.

8

Provide **scaffolding** for different tasks.

4

Provide **models**.

9

Require and monitor **independent practice**.

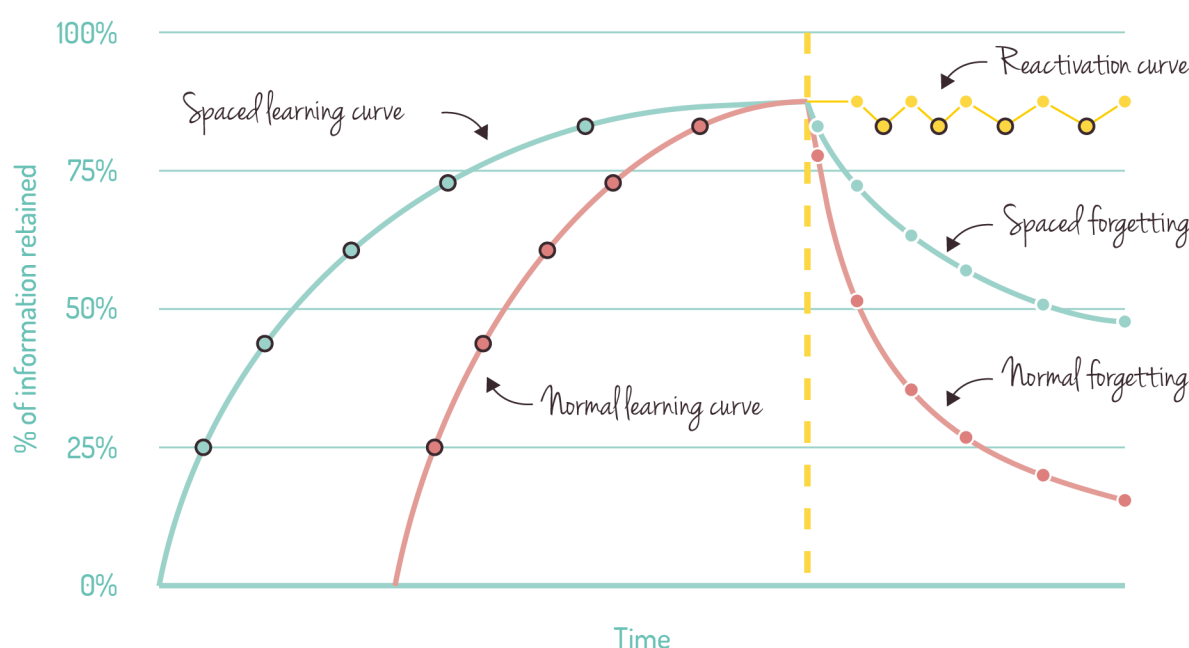
5

Guide student **practice**.

10

Engage in weekly and monthly **review**.

THALHEIMER'S REACTIVATION CURVE



Spaced Learning Curve

- Teaching / Practice
- Testing

Normal Learning Curve

- Teaching / Practice
- Testing

Reactivation Curve

- Teaching / Practice
- Testing

IMPROVE MEMORY BY REACTIVATING KNOWLEDGE AFTER LEARNING.

WATCH THE WEBINAR ON [THEEVERLEARNER.COM](https://theeverlearner.com)