The 10-24-7-10 Review

One way new learning transfers from short-term to long-term memory is through the 10-24-7-10 review. Imagine a padlock, like the ones on school lockers. As you focus on the dial notice it has the numbers 1 through 24, with the 10, 24, and 7 highlighted in bright red. A navy blue capital M sits in the middle of the dial, for memory. You just happen to know that the combination for this lock is 10-24-7-10. As you turn the dial it moves smoothly, clicking at each of the red numbers.

These numbers—10-24-7-10—remind you to review initial learning within 10 minutes, within 24 hours, again in 7 days, and every night for 10 minutes just before sleep (theta scan main points). This time sequence assists in moving information from short-term to long-term memory—and long-term memory is where you want it to be!

Try to use different review strategies each time you review, tailoring the strategy to the length of time you have for the review and to the time since your last review. Also try to incorporate visual, auditory, and kinesthetic considerations into your reviews. Here are a few ideas to get you started:

- Talk to a friend or family member about their perception of the subject.
- Read over your notes and add drawings or anything else that might make the topic more meaningful.
- Create a series of body motions to solidify the content in your memory.

Let your imagination guide you in facilitating your review strategies and make your reviews creative and memorable.