Make It Stick

One way to ensure optimal learning—and to get information into our long-term memory where we want it—is through review. In addition to making connections between new learning and prior knowledge, our brains love review. Review sends signals to our brain: **this is important, remember it—and keep it in long-term memory!** The more we review information the more likely we are to remember it. Make It Stick and 10-24-7-10 are exceptionally effective review strategies.

**Make It Stick (Chunk, Review, Plan Ahead)**

- **Chunk**
  The first thing to do here is to break down content into manageable “chunks” of information with the rule 3-or-4-no-more. These smaller chunks allow you to process the information more easily and transfer it from short-term memory to long-term memory.

- **Review**
  Review the chunks of information using SuperCamp strategies such as the following:
  - Mind mapping
  - 10-24-7-10
  - Power Pegs
  - Teach Others
  - Visual/Auditory/Kinesthetic
  - Create a Dual-Planed Learning Environment

  We’ll be looking at 10-24-7-10 in this Refresher, and at more of these strategies in later Refreshers.

- **Plan Ahead**
  Avoid procrastination and stress by planning ahead using a calendar, planner, or cell phone reminders. Knowing what, how, and when you need to review items will help make it stick and provide better results on homework, projects, and exams.

**10-24-7-10**

To facilitate the transfer of new learning from short-term to long-term memory, review learning as follows:

- Within 10 minutes
- Within 24 hours
- Again in 7 days
- And every night for 10 minutes just before sleep (theta scan)

*See link to Review, Review, Review with 10-24-7-10 for more details on this valuable strategy.*