Ensure Optimal Learning

In addition to connections, our brains also love review. Review sends signals to our brain: this is important, remember it—keep it in long-term memory! The more we review information the more likely we are to remember it. 10-24-7-10 and Make It Stick are exceptionally effective review strategies.

10–24–7–10
To transfer new learning from short-term to long-term memory, review learning as follows:

- within 10 minutes: this could be highlighting notes at the end of class
- within 24 hours: this might be homework or adding information to a mind map
- again in 7 days: maybe talking about the topic with a friend
- and every night for 10 minutes just before sleep: theta scan main points

We also include visual, auditory, and kinesthetic strategies and use our imagination to make our reviews creative and memorable.

This last review segment—the 10— is known as the theta scan at SuperCamp as it takes advantage of the theta brainwave state where we dream and process information. The information processed in this brainwave state is the very last information taken in by the brain just before sleep. That’s why this review must take place after all electronics are shut off for the night. The very last thing before sleep, we quickly do a scan of important information we want to remember—and our brain does the rest!

Make It Stick (Chunk, Review, Plan Ahead)

Chunk
Students are taught to break down content into manageable “chunks” of information with the rule 3-or-4-no-more. This allows them 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:

- Mind Mapping
- Power Pegs
- Visual/Auditory/Kinesthetic
- 10-24-7-10
- Teach Others
- Create a Dual-Planed Learning Environment

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.