**Review, Review, Review with 10-24-7-10**

One way new learning transfers from short-term to long-term memory is through the 10-24-7-10 review. 10-24-7-10 reminds you to review initial learning on a regular schedule:

1. Within 10 minutes of initial learning: Maybe take a few minutes to highlight notes at the end of class.
2. Within 24 hours: Review highlights the same night or early the following day.
3. After 7 days: Review again after one week using some of the suggestions below to have a more thorough review at this stage.
4. Every night for 10 minutes just before sleep: This review assists our brain to move information from short-term to long-term memory—right where we want it—while we sleep!

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 very last information taken in by the brain just before sleep is processed in this brainwave state. 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!

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. Use your imagination to make your reviews creative and memorable.

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.