Five Powerful Memory-Boosting Learning Strategies

5. METACOGNITION

Provide opportunities for self-monitoring, self-testing, and self-explanation.

Examples: Use learning journals, reflection activities, self-assessments, goal setting, and think-aloud protocols for learners to verbalize their thought process as they work through problems.

1. VISUAL MNEMONICS

Associate new information with vivid mental images.

Examples: Include acronyms (STEM) and acrostics (PEMDAS), mind maps and concept maps, imagery, diagrams, and memory palaces (associate information with specific locations in a mental map).

4. SPACED REPETITION

Optimize learning by reviewing material at increasing intervals over time.

Examples: Design progressive learning modules, flashcards with spaced repetition algorithms, adaptive quizzes, and spaced review prompts or reminders to learners at strategic intervals.

2. DUAL CODING

Use both verbal and visual representations of information.

Examples: Pair written explanations with diagrams, charts, and graphic visualizers; Use interactive whiteboard exercises or infographics, and virtual lab simulations with annotations.

3. INTERLEAVED PRACTICE

Mix different topics or skills during practice sessions.

Examples: Include case studies that involve decision-making, strategic planning, and financial analysis, or language exercises that test vocabulary, comprehension, and sentence completion.

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