

# 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.

## 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.

## 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.

## 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).

## 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.



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**Jin, Zheng**



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