



Repetition—The Five Keys to Long-term Knowledge Retention

by Jonathan T. Williams, TFS Author

Long Term Memory (LTM) is responsible for storing and saving the information that permanently rewires the brain.

To stimulate the LTM you should include repetition in your curriculum. It has been my experience that the following methods encourage long-term knowledge retention:



1. Encourage the students to read the text by including a selection of review questions from it.
2. Present application and clarification to complete the readings.
3. Give multiple short quizzes that contain questions on earlier material, too.
4. Allow the students to gain points for missed quiz questions via a correction and explanation of why the question was missed.
5. Give students a final exam where they are asked to synthesize quizzed knowledge and apply it to solve a problem or produce a new learning product.

Outcome

This method potentially allows the students to address/review the material five times over the course of the semester—they read it, hear it, review it, correct what they missed, re-review it, and are finally, cumulatively, tested on it.