

# THE LEARNING WIZARD

## Retention Check List

**Directions:**

Check the number of time you use each retention strategies given on the retention checklist. If the answer is not "always," this is a retention strategy that needs improvement.

		never	few	usually	always
1.	Is the relationship between the items of information always understood?				
2.	Is the Information reviewed at frequent intervals?				
3.	Is the information in the textbook always translated into your way of saying it?				
4.	Is the information organized into a cognitive map or outline form?				
5.	Is the information organized into chunks that could be reviewed in a few seconds?				
6.	Is the information being randomly reviewed?				
7.	Are mnemonic devices being used when applicable?				
8.	Is the information being recited or self-talked when reviewing it?				
9.	Is the information being connected to the senses?				
10.	Is the new information obtained in a way that it does not interfere with known information?				
11.	Is the information about each term briefly reflected upon before continuing to the next new term?				
12.	Is the correct information about a topic obtained?				
13.	Is an effort made to intend to remember the new information?				
14.	Is self-testing being used to determine when information is retained or needs additional review?				
15.	Is overlearning being done to promote confidence?				
16.	Is an effort being made to prevent learning plateaus?				
17.	Is the daily study time limited to four hours? (not review time)				
18.	Are good sleeping habits being observed?				
19.	Is the body clock taken into consideration when studying?				
20.	Is a positive emotional state of mind used when obtaining the new information?				
21.	Is the information being obtained and reviewed under the conditions later it is to be recalled?				
22.	Is a regular exercise program followed?				