

# Knowledge Retention Techniques

Here are some things you can do that might help you remember stuff after a video lesson, classroom session or practice.

- Write down the key concepts you learned on a piece of paper - in simple language (avoid technical jargon)
- Write an explanation of what you learned and how to apply it
  - Assume you're explaining it to another person with little or no background on the subject
- As you write, you might identify gaps in your understanding of the topic -- go back and review to fill in the gaps
  - Dig deeper if you need to -- perhaps review related information from another source
- Read your notes out loud to see if they're as simple as possible. Make changes if you need to.

**A simple explanation that you fully understand indicates *you've got it!***

**Bonus tip:** Revisit your notes after a delay (24–72 hours)

Try to explain the concept again without looking. (Update your notes if you need to.)