

3 Learning Science Lessons to Power Your Microlearning Strategy

Learning doesn't end when we finish school or an e-course. To support lifelong learning initiatives and keep your learners' skills up to date, incorporate learning sciences into your learning programs.

Learning sciences can not only propel your learning programs forward, but they can also transform your professional learning into profitable products.

Learning Science #1 Forgetting Curve



79%

After just **30 days**, learners forget **79%** of what they learned¹.

In the learning science world, this memory loss is known as the forgetting curve, and it's a formidable enemy of high-stakes, high-impact learning organizations everywhere.

If you want your learning experiences to help learners achieve true mastery beyond the exam, you need a continuous learning strategy to combat the forgetting curve.

Learning Science #2 Spaced Repetition



170%

Spaced repetition **improves** knowledge retention by up to **170%**².

One strategy for combating loss of learning? Spaced repetition.

Spaced repetition is a learning technique that helps learners commit knowledge to memory by repeating it intentionally over spaced intervals.

With spaced repetition, you can slow down the forgetting curve and help your learners commit their new knowledge to long term memory.

Learning Science #3 Confidence-Based Learning

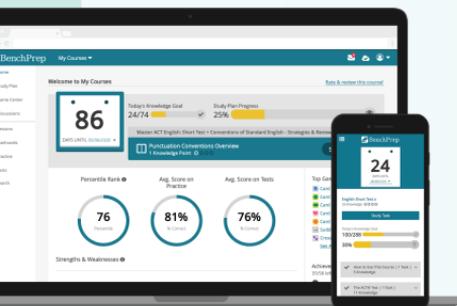


36%

BenchPrep users whose **confidence** is in the top 75th percentile answer **36%** more questions than those in the 25th percentile.

Traditional learning encourages people to give up, while continuous learning builds confidence. Confidence-based learning measures the correctness of a learner's knowledge and their confidence in that knowledge. It distinguishes between what individuals think and actually know.

If a learner is confident in their answer, but their answer is wrong, this is a sign that the learner is misinformed. If a learner is confident in their answer and correct in their answer, this indicates mastery. Confidence-based learning takes your learners from Misinformed to Mastery³.



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¹ <https://www.trainingzone.co.uk/develop/cpd/the-forgetting-curve-and-its-implications-for-training-delivery>

² <https://pubmed.ncbi.nlm.nih.gov/21248600/>

³ https://psychology.wikia.org/wiki/Confidence-based_learning