



## **When Learning Needs to Last**

Based on Powerful Teaching: Unleash the Science of Learning

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### **Purpose**

To help teachers understand how research-based learning strategies can be embedded into daily instruction to strengthen retention, understanding, and long-term learning.

### **Key Understanding**

Learning is strengthened when instruction is designed to support how memory works. Powerful Teaching emphasizes that strategies such as retrieval practice, spacing, feedback, and reflection help students retain learning and apply it over time.

Rather than relying on repeated exposure or passive review, effective instruction intentionally engages students in recalling information, thinking deeply about content, and connecting new learning to prior knowledge. When these practices are used consistently, students develop stronger, more durable understanding.

### **Teacher Reflection Questions**

- How often do my lessons include opportunities for students to retrieve learning from memory?
- Do I intentionally space practice over time rather than clustering learning into a single lesson?
- How am I using feedback to support learning rather than just evaluate performance?
- Are students given time to reflect on what they have learned and how they learned it?
- Which students benefit most when learning routines emphasize retention and understanding?

### **What to Look for in Students**

- Improved recall of previously taught content
- Increased ability to explain ideas in their own words
- Stronger connections between new and prior learning
- Greater confidence during learning tasks
- More consistent application of learning over time

These patterns indicate that instruction is supporting learning that endures beyond the lesson.

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