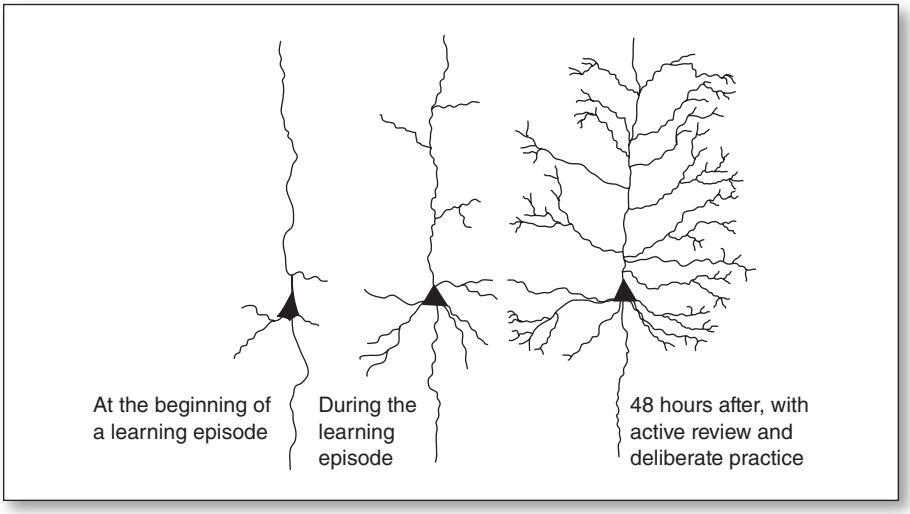
20 minutes, you remember only 60% of what you just learned and within 24 hours, you remember only 30%. But if you practice within 24 hours and then practice again later, you remember 80%. Practice at regular intervals, with intensity and deliberateness, is essential for long-term retention and building understanding. The very process of reviewing newly learned content, practicing new skills, or applying new knowledge stimulates dendrite growth, leading to greater intellective capacity.

Figure 8.2 Dendrite Growth



Here are some possible ways to help students apply what they have learned.

Play a Game to Review. Games provide a unique opportunity to review and rehearse new knowledge. The very act of playing the game encourages the brain to strengthen the new neural pathways by making the learner continuously search his memory for information. Even the brains of those students only watching the game are firing and wiring thanks to mirror neurons.

Try to set up games like Jeopardy, Family Feud, Pyramid, or Pictionary that can be played with teams. Be sure to set up teams so that dependent learners can actively participate and be successful. You might give students some preparation time to review core concepts. These games are particularly helpful because they are set up uniquely. For example, Jeopardy provides the answer. The player has to come up with the question, forcing him