

So what?

Well, this exercise demonstrates three concepts:

1. The importance of REPEATED, REGULAR learning opportunities for retaining information and mastering skills.
2. How involved you are in your own learning process (with multiple senses engaged) helps with how well you retain what you learn.
3. That you can be actively involved in learning, even when participating in self-paced instruction, when you receive clear direction about specific content and you are motivated, on your terms, to learn.

5 Tips for Retaining Learning

By Sylvia Henderson

How do these concepts relate to the Subscribe2Succeed training model?

The model addresses all three of the above concepts directly. You get regular learning opportunities in multiple formats – both electronic and by “snail mail” delivery. You engage multiple senses – through listening, reading, observing, writing, and committing to take action. If you use all the features of our member-to-member community you can also find accountability for your commitments.

To make sure you receive solid content for your own personal and professional development, even in this marketing information document, I leave you with “Five Tips for Retaining Learning” to help you get the most of the learning opportunities in which you participate. Of course I want you to Subscribe2Succeed, yet these five tips apply to other opportunities as well.

1. **Engage multiple senses.** Use your sight (read), sound (read aloud; say aloud; say to others), and kinesthetic (write) senses for maximum learning retention.
2. **Act on what you learn right away.** Demonstrate that learning is taking place. Write things out. Answer questions. Perform observable and measurable behaviors to show yourself—and others—that you “get it”.
3. **Apply theory to real life.** We used numbers in the example in this document. The numbers began as an innocuous sequence of numbers with zero relevance to you. By applying theory to real life we led you to see how the numbers relate to each other as well as to something real in the workplace. They then hold a purpose for learning them rather than “just do it because we said so”.
4. **Relate what you learn to an emotional connection.** Almost by default, with a resource like Subscribe2Succeed, the inherent emotion for learning is whatever “success” means to you. Take all the subjects we address in Subscribe2Succeed and the emotional connection becomes what success in your job, career, business, relationships, and life specifically mean for you.
5. **Repeat, repeat, repeat...until it is “yours”.** This is a twist on the mantra “practice, practice, practice”. When you expose yourself to messages, information, new skills, and ideas over and over again, you remember and learn.

Enough learning for free! Are you ready to change your life?
Join us at Subscribe2Succeed.com!

Why the Subscribe 2 Succeed Model Works



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Your springboard to personal and
professional development!

Instructions: Read the following numbers.

31 10 30 6 29 2

Remember these numbers in their sequence, and you will be a success.

Consider the above instructions and reasoning as typical of a one-time motivational speech or a day-long training program. The speaker or trainer comes in, give you information, tells you you will be successful having received their wonderful messages, and leaves. End of relationship. It is the first, last, and only time you see that speaker or trainer. You take their handout (usually full of bullet points or copies of their presentation slides) and put it on your bookshelf. There it stays until you clean-out your work area months or years later.

Without looking back at the number sequence above, how much do you remember? Well...write the six numbers in the space below without looking back, then check the sequence to compare how many you remembered correctly.

How did you do? If this is how much you remember from the one exposure and generalized motivation, then think of how much you remember from your last training session or conference speech.

Instructions: Read the following numbers out loud.

31 10 30 6 29 2

Now, close your eyes and say them out loud again. You will use these numbers throughout your work experience and remembering them will help you be more successful in what you do.

You just received, in the instructions above, the equivalent of a refresher training program. Imagine you just took more time from your schedule, left the work that you can ill afford to leave to attend that session, received more information supporting the first message you received, and then returned to work.

Without looking back at the number sequence above, how much do you remember? Write the six numbers in the space below and check the sequence to compare.

Did you do better—remember more in sequence—this time? Of course you did! You were exposed to the same information a second time, engaged more of your senses while doing so, and received a more-relevant motivation for the process.

Instructions: Read the following numbers out loud and write each number in the respective spaces (below the sequence) while you say them out loud.

31 10 30 6 29 2

You now received the equivalent of listening to an audio program or reading a book and taking notes while doing so to reinforce the messages you heard the first time and refreshed a second time. For the third "repeat exposure", write the number sequence in the spaces below without looking back at the above sequence. How did you do? If you did not get all the numbers correct, in sequence, I'll bet you got four-to-five of them correct.

Instructions: One last time...read the following numbers (out loud or silently; it does not matter at this point).

31 10 30 6 29 2

Note that "31", "30", and "29" are the number of days in the months of the respective "10", "6", and "2" months, given a leap year. "10" = the month of October, which has 31 days; "6" = the month of June, which has 30 days, and "2" = the month of February, which in a leap year has 29 days. Each of these months is four months away from the previous month identified as you read from right to left. These represent thirds of a year, which are your (imaginary) accounting periods in your organization.

Another way to visualize these numbers in sequence is the following chart:



Remember this number sequence and you will never miss your accounting report due dates again. When you are consistently on-time with your accounting reports you are held in higher regard by the person or people to whom you are accountable.

One last time...write the numbers in sequence in the spaces below, without looking back at the above numbers.

Did you get six out of six correct? My bet is that you did.