



How it works

The science behind Cerego

Build knowledge that **lasts**

Learning how to learn is a challenge in and of itself. Good learning strategies are often not explicitly taught in school.

Many of us develop cramming strategies that offer a short-term payoff (like success on a quiz), but result in poor long-term retention of information. In fact, most new learning is forgotten within a week.

At Cerego, we appreciate the effort that you put into learning, and we want you to get the real payout: Lasting knowledge.



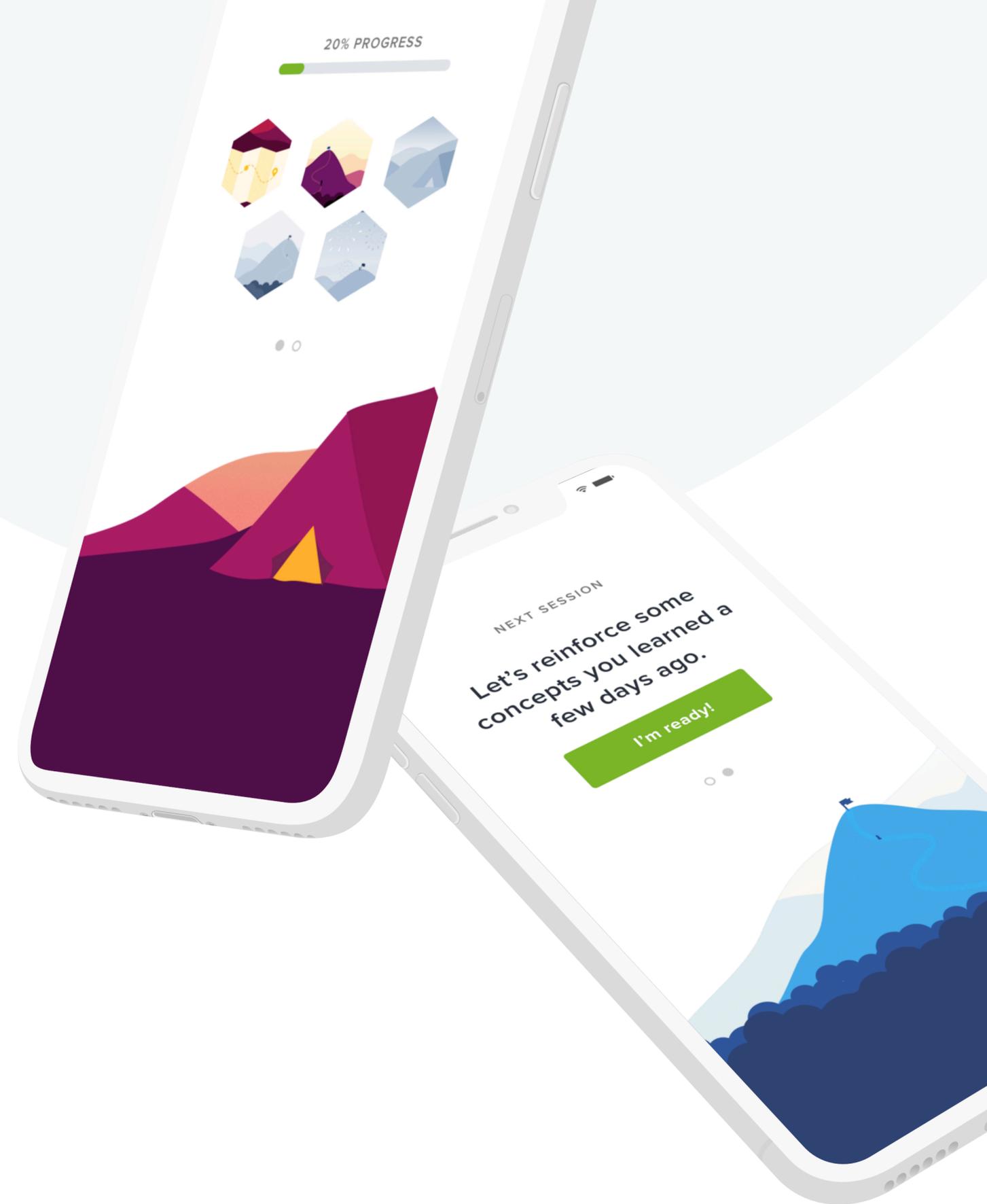


Learn more efficiently with Cerego

Our approach to learning takes knowledge and breaks it into small pieces — we call these, concepts.

We track your memory for each concept you learn, and personalize each study session to make it most efficient.

To help you build lasting knowledge, Cerego uses two of the best studied findings in learning science: distributed learning, and retrieval practice.



Distributed learning

Don't study more,
study more often!

Distributed learning is one of the best studied phenomena in learning science. It is the observation that spacing out learning over time improves long-term retention compared to studying the same material in a single session: even when total study time is the same!



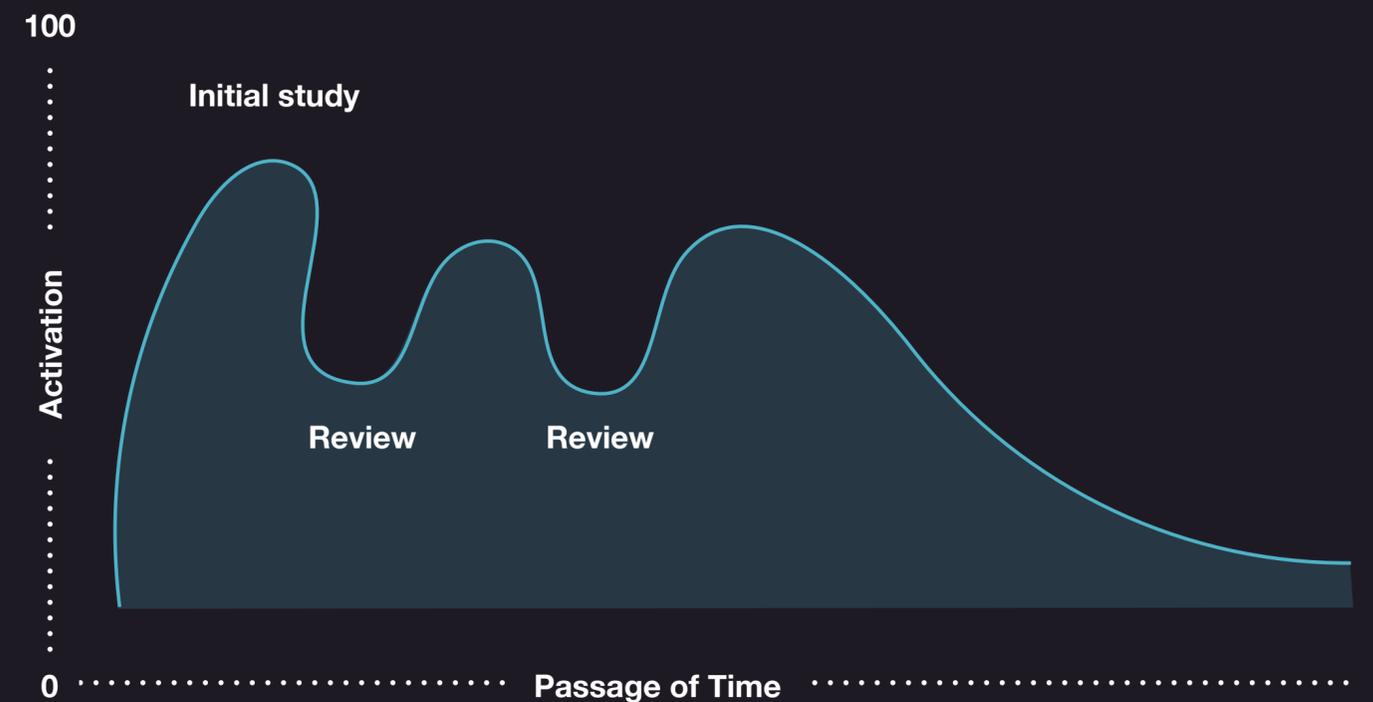
How Cerego uses distributed learning

Cerego assignments are 'practice over time' assignments.

If you have a retention goal, you will use distributed learning to reach it (cramming won't work).

For each assignment, start by learning all your concepts.

Cerego will schedule a quick review for the first few days. With each successful review, you'll build your retention interval (and the time between reviews becomes longer).



Retrieval practice

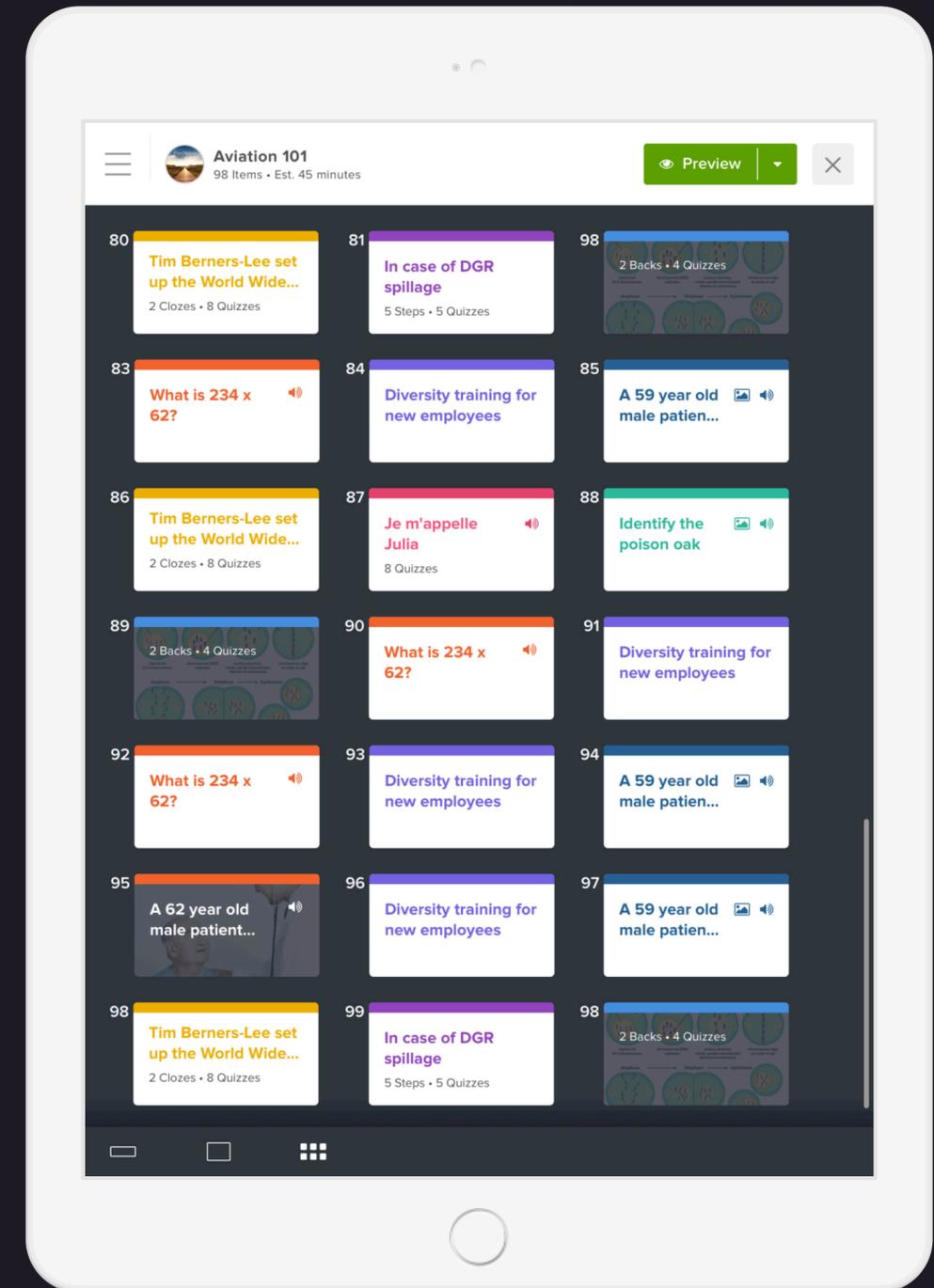
Retrieval practice, also known as ‘the testing effect’ is the observation that quizzing yourself on what you have learned is more effective for building long-term retention than spending the same amount of time re-reading or re-learning the material.



How Cerego uses retrieval practice

You will learn concepts during your first time through an assignment, but after that, we'll quiz you. Don't worry if you get it wrong. We will simply remind you of the correct answer and repeat the quiz until you demonstrate that you know it!

Studies show that even if you get quizzes wrong, you're actually still building retention, so you will be more likely to get it right on your next review. Retrieval practice works!



Review little and often for best results!

Distributed learning is a simple concept, but may take some getting used to. To make it easier, download one of our mobile apps to practice on the go. We've seen mobile users complete nearly double the practice of desktop users.

Cerego works. Trust the process and reap the rewards! Want to learn more? [Read our whitepaper.](#)