



How It Works

The Science
Behind Cerego





Build Knowledge That Lasts

Learning how to learn is a challenge in and of itself. Many of us develop cramming strategies that offer a short-term payoff 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

Distributed learning 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 the total study time is the same!

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). Cerego works in a way that helps you form better studying habits and supports your learning so that it can last for a long time. Cerego schedules reviews for you based on all of the sections that you have spent time on. You’ll retain knowledge better after each review especially as 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.

With Cerego’s platform, 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 actually still build 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. Learn how Cerego will work for your employees!

Please visit us at
www.cerego.com
or contact
support@cerego.com

Try a free 30-day trial!

Sign-up at cerego.com/free-trial to find out why millions of users use Cerego to learn faster, get smarter, and remember better.

