

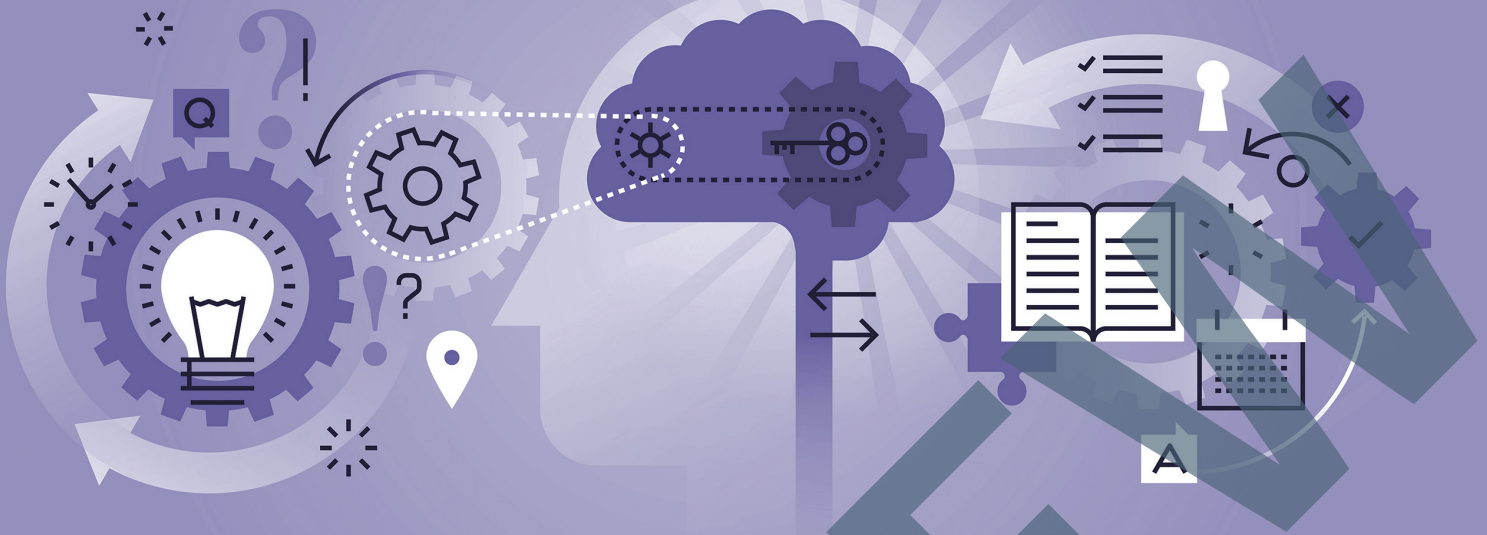


How to Improve Training Recall with Self-Motivated, Repeated Engagement.

Learn How to Use & Space
Out Your Training Games for
Maximum Results

Contents

Introduction	3
Designing effective spaced learning sessions	4
Using games for spaced practice	5
Before a training session	5
During a training session	7
After a training session	9
Using game metrics to improve the experience	10
Gauge what your learners know	10
Adjust your approach	10
Personalize the experience	10
Conclusion	11
References	11



Designing effective spaced learning sessions

Introduction

We all are susceptible to the Forgetting Curve (Ebbinghaus, 1885)—after we learn something, we immediately start forgetting some of it. But we can improve our recall if we revisit (repeat) new information in multiple, spread-out sessions. Just like following the rules of tennis or practicing scales on a guitar, repeating the same skills over longer and longer intervals improves retention and strengthens the ability to recall those memories or skills when needed.

Most studies have found that three sessions, repeating the same information, are most effective. You may space out these sessions over a few days, weeks, or months. As Carey (2014) notes, the optimal amount of time between sessions varies based on the kind of information and when the learner needs to use that information.

Training games are a great way to incorporate active learning, repetition, and practice at all stages of the training process. At The Game Agency, our easy-to-use online training software, **The Training Arcade®** focuses on increasing knowledge retention. It encourages meaningful, self-motivated, repeated engagement with your content. There are a **variety of games** to choose from, such as:

- Quiz games—Trivia, **JEOPARDY!**®, Jump, Recall
- Word games—Wheel of Fortune®, Scramble
- Story-based games—Scenarios, Detective
- Puzzle games—Sort-It, Match

The optimal amount of time between sessions varies based on the kind of information and when the learner needs to use that information.

Preview and set expectations. An “advance organizer” previews and provides structure for the learning session. Diagrams and outlines are common, but what if you used a game? A JEOPARDY! game can preview key modules and review prerequisite knowledge. A Wheel of Fortune game can introduce new terms and concepts. Worried how people will react if they don’t know the answer right away? When learners have the freedom to make mistakes and receive helpful corrective feedback, failure can be a great teacher. Answering a question wrong fosters an emotional connection that makes the “right” answer more memorable.



Boost pre-course engagement. In addition to building games, you can add gamification elements—for example, leaderboards, rewards, prizes, or team challenges. Some personalities are highly motivated by gamification, while others are less so. But appropriate, skillful use of gamification can motivate one or more segments of your audience to keep playing and learning. [Arcades™](#), the gamification platform in The Training Arcade, gives you access to elements like personal statistics, leaderboards, and prizes that can drive players to keep coming back for more.

Skillful use of gamification can motivate one or more segments of your audience to keep playing and learning.