

<b>NEW INFORMATION</b>	<b>1 HOUR LATER</b>	<b>1 DAY LATER</b>	<b>1 WEEK LATER</b>	<b>1 MONTH LATER</b>
Read something or learn something in class and take notes.	Spend 10 minutes reviewing your notes.	Spend 10 minutes reviewing again; summarize your notes.	Spend 10 minutes reviewing again.	Spend 10 minutes reviewing again; you should remember it well by now!