



Student Guide

Introduction

Congratulations! You are about to benefit from a unique learning tool. The Total Recall Learning (TRL) family of courseware zeroes in not just on learning, but on **remembering** what is learned. Studies show that 65% of conventionally learned material is forgotten after one day, and 80% of such material is forgotten after one month.

Forgetting is a natural process, yet traditional learning and training methods largely ignore it. Total Recall Learning, Inc. has combined the findings of memory psychologist Dr. Hermann Ebbinghaus with exciting interactive multimedia technology. The result is a remarkable training system that leads to a measurable, long-term recall ability of nearly 100%.

The Program

A typical TRL course has between 300 and 800 information items and will take about 3 to 10 hours to complete. Total study time depends on various factors, such as response time to each question, typing speed and accuracy, and individual study habits.

The learning process itself is fully automatic. All you need to do is answer each question displayed on the screen. If you do not know the answer, simply pressing "Enter" will display it. Not knowing an answer is normal (especially with new material) and is not a problem. The program remembers what you know and do not know, and re-presents questions in systematic intervals – either to ask again, or to make sure a previous correct answer wasn't just a lucky guess.

TRL is a knowledge-sorting system, based on sorting known material from forgotten material through time-delayed repetitions. There are no superfluous repetitions though, as known material is removed from the learning system after the necessary number of control repetitions.

After you log in to the program for the first time, please take a moment to go through the Introduction module, where you will find important information on how to use your study aid.

We strongly encourage you to use the program daily – five to thirty minutes a day will bring the best results. Daily use will lead to the quickest completion of the program, and will keep you from being overloaded with material. As you learn the material, you will typically go through 10 to 20 questions per minute. Some students actually tell us that using TRL is somewhat "addictive" and that it is hard to stop after just five minutes. See for yourself!

There are many benefits to using TRL along with your usual course materials:

- Get started on the TRL course as early as possible. It is impossible to "cram" it because of the time-staggered sequencing of the information. You will see your class discussions improve as you come to class already familiar with terms and concepts.
- Study with TRL **before** you read the textbook. TRL greatly facilitates reading comprehension, as you now understand the concepts and terms necessary to absorb the reading material.

Frequently Asked Questions

Q: What makes TRL so different from other computer-based training? If you've seen one CBT program, you've seen them all.

A: A TRL study guide is **not** a CBT program. CBT programs are great at presenting material to a learner. However, there is no way of making sure that what is presented is also remembered long-term. The TRL system leads to a measurable, long-term recall ability of course material that approaches 100%.

Q: Why does TRL have to be used every single day?

A: Daily use leads to the quickest completion of the course. Since known material is systematically eliminated, the course is actually "used up" after a few weeks. Additionally, if you skip a day or two, questions available for study can pile up and you might feel a little overwhelmed.

Q: What's with all those repetitions?

A: The repetitions in the program are important, because they are systematic. TRL is a "knowledge-sorting" system that sorts known material from forgotten material through time-delayed repetitions. No superfluous repetitions take place, as known material is removed from the learning system after a few control repetitions.

Q: Isn't rote learning really boring, not to mention an old hat?

A: Memorizing things is not always fun, but often simply necessary, to master the vocabulary and the concepts of, say, a particular field of study, or a foreign language. With its exciting visual and clear audio aids, TRL turns this process into something much like a game. The truth is, a lot of material just has to be learned the old-fashioned way. Using TRL makes the difference between "sort of" knowing, and really knowing.

Q: I am already strapped for cash as it is. Why should I spend more money on "stuff?"

A: Students who have bought TRL programs have told us that they considered it money very well spent. In one case, it helped a student get the only "A" in her college career. Most students don't mind spending money on something that really works.

Conclusion

We think that once you have used your course, you will not want to learn any other way. But we also know that continued excellence depends on you – your opinions, suggestions, criticisms and ideas. Please do not hesitate to get in touch with us, be it via e-mail, traditional mail, or telephone, and let us know what you think. We look forward to hearing from you!