

TechFit | GadgetFit SUPERMEMO

FEATURES:

SuperMemo (from "Super Memory") is a [software](#) package which uses a practical application of the [spaced repetition learning technique](#) that is based on solid [long-term memory](#) research.

- The program is a database of [Question & Answer \(Q&A\) fields](#) (essentially [digital flashcards](#)) from pre-made collections, self-made, or in some cases a mix of both.
- In three simple steps, the user reviews the card as follows:
 1. The user is given a question by SuperMemo
 2. The user responds with an answer from their **own** mind (**active recall**)
 3. The user gives themselves a grade of what best reflects their recall
 4. SuperMemo then calculates the necessary intervals for proposed repetitions of a single item or [flash-cards](#)
- It makes faster learning possible and indefinite retention of memories (with repetition).
- The method is available as a computer program for [Windows](#) and [Palm Pilot](#).
- The desktop version of SuperMemo supports [incremental reading](#).

WHERE TO PURCHASE:

SuperMemo is not automatically a part of your program at CFIT. If you are interested in pursuing this endeavor on your own, we can help set you up. You can purchase and download the SuperMemo software from <http://www.supermemo.com/> at a cost of \$45.00.

If you would like to know more, just ask CFIT's TechFit staff member!

