TECHNOLOGY

Training Course on Improving Long-Term Memory

OVERVIEW

This invention is a 6-hour course aimed at improving the long-term memory (LTM) of adult professionals, such as foreign language professionals, intelligence analysts, managers, leaders and decision makers, and trainers and curriculum developers in language, intelligence, and computer science. The ability to retain information well in the long-term is of critical importance for supporting their own and others' professional development and on-the-job functioning. The course has three special features that taken together make it unique. First, rather than merely providing strategies for improving long-term retention, the course provides the scholarly background (i.e., from cognitive and neuroscience) and rationale for them, which is critical for optimally engaging the highly educated professional. Second, adding to this evidence-based approach, the course has been evaluated for its ability to improve long-term retention through a rigorously controlled empirical study. Third, this study was conducted with, and the course has been subsequently successfully delivered to, the above-mentioned target audience within the U.S. Department of Defense. In the course, students learn the components parts and processes within LTM, why long-term retention is relevant for their jobs, what brain and cognitive factors determine it, and, given those factors, what cognitive strategies enhance long-term retention. Students furthermore practice these strategies with materials that are easily adjusted to the needs of new student groups.

CONTACT INFO

UM Ventures
0134 Lee Building
7809 Regents Drive
College Park, MD 20742
Email: umdtechtransfer@umd.edu
Phone: (301) 405-3947 | Fax: (301) 314-9502

Additional Information

INSTITUTION

University of Maryland, College Park

EXTERNAL RESOURCES

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