According to Ebbinghaus' Forgetting Curve and [modern replications](#), people forget around **70%** of learned material after a week. To mitigate this, at least 5 days after each tutoring session, you should review the previous session's problems. Here's a simple framework for how to do so:

1. Try solving the problem again. Here are some tips if you're not sure where to start:

   - *Define your terms*. If the problem involves "similar triangles" or gives you a system of equations with "no solution", make sure you understand these terms well enough to explain them to someone else.
   - *Focus on the thing you're solving for.* Don't immediately start churning away through algebra. Take a second to think through what the problem actually wants you to solve. Even if it's as simple as "solve for x", write down "x = ?" on paper to give yourself a sense of direction when solving the problem.
   - *Work backwards*. It usually only takes 1 or 2 steps of work to actually solve problems. The hard part is figuring out step 1. Ask yourself what step gets you your final answer. Then, ask yourself what step has to precede that one. Continue this until you arrive at your first step.

2. After around 5-7 minutes, whether or not you've solved the problem, look at the answer key.

   - Note that College Board and Khan Academy will never tell you to use DESMOS *even if you should*. Therefore, you should use the answer key to better understand the problem, but you should *not* try to memorize the process they use in the answer key.

3. If you weren't able to solve the problem before looking at the answer key, solve it again from scratch (don't jump back and forth between the key and the problem).

4. Explain to yourself in words (*out loud!*) how to solve the problem and *why* your process works. Basically, pretend you're the tutor and you're giving a brief 1 minute recap of how to solve the problem.

   - If you're having trouble explaining in words why your solution works, *you probably don't understand it well enough*.

5. If you struggled a lot throughout this process, take note of the problem number and come back to it 1 week later.