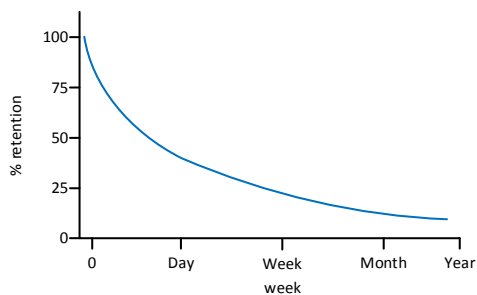# Forget the "Forgetting Curve" with Quiz T Bot®

Using mobile devices and Artificial intelligence to introduce spaced repetition in training

The Challenge

As a training professional you may be very aware of the "forgetting curve" that describes how the ability of the brain to retain information decreases in time. At the beginning retention is 100% since this is exactly the point in time when you actually learned the piece of information. As time goes on the retention drops sharply down to around 40% in the first couple of days. And then it goes down exponentially. Forgetting is a real challenge for plant workers that have to use their knowledge at any time. Nuclear workers can´t afford to forget.
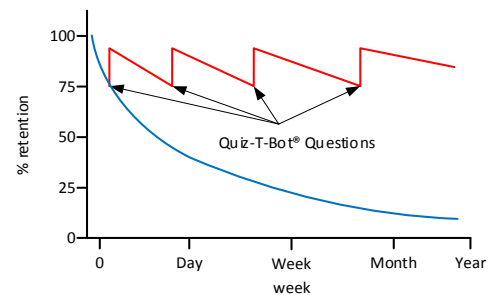

The "evil" forgetting curve

The solution: Quiz-T-Bot®

Since 1885 when the forgetting curve first appeared, cognitive scientists have demonstrated how effective **spacing practice** is at improving long term memory. We have implemented this spacing practice in one technological product, Quiz-T-Bot®, leveraging two of the revolutionary technologies of the 21st century: mobile devices and Artificial Intelligence.

The use is very simple. Instructors place a bank of questions in Quiz-T-Bot®. Students receive questions in their Instant Messaging app on their mobile devices (Skype™). Quiz-T-Bot® stores individual student activity, recording student's strengths and weaknesses. An Artificial Intelligence engine analyzes all of this data,

sending personalized questions at the frequency each student needs depending on their performance.

The "evil" forgetting curve vs Quiz-T-Bot®

Systematic Approach to Training Compliance

Quiz-T-Bot® complies with Systematic Approach to Training (SAT) methodologies. Questions in the question bank relate to training objectives, so they are directly related to the task.

About Tecnatom and Accelerant

Tecnatom is an international company established in 1957 that support of the operation and maintenance of commercial nuclear power plants worldwide. It's nuclear training business unit has more than 180 qualified instructors that leverage in-house training technology, including full-scope simulators, to improve quality. Tecnatom's offices in North America are in Charlotte, North Carolina.

Tecnatom has partnered with *Accelerant Solutions* to deploy innovative training solutions in North America. Accelerant is an Ohio-based company specializing in nuclear training, performance and compliance. They offer a broad portfolio of services including project management, regulatory compliance, training program accreditation support, and all assistance with all phases of the systematic approach to training.