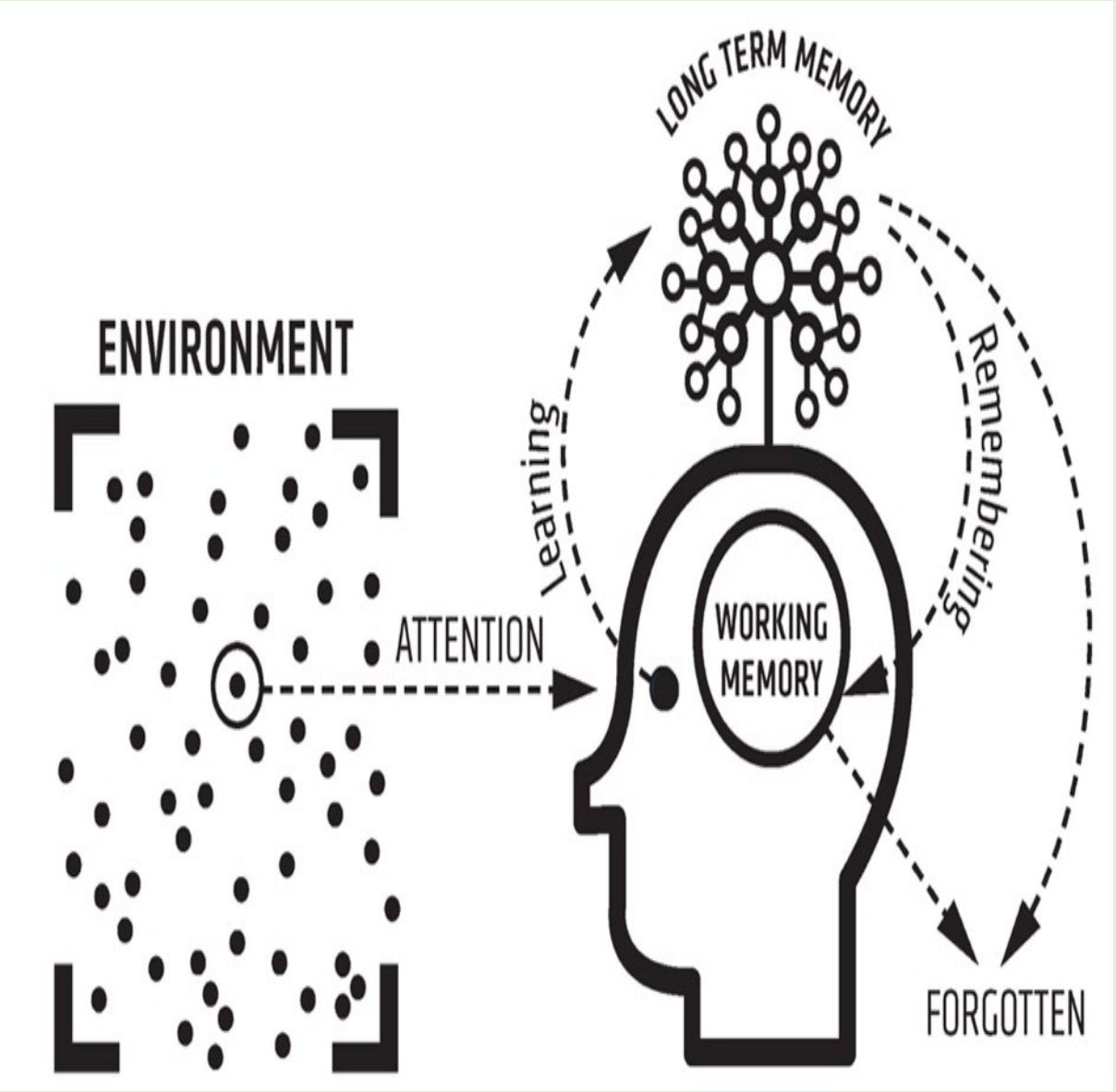
How to Revise

Memory – the science of learning



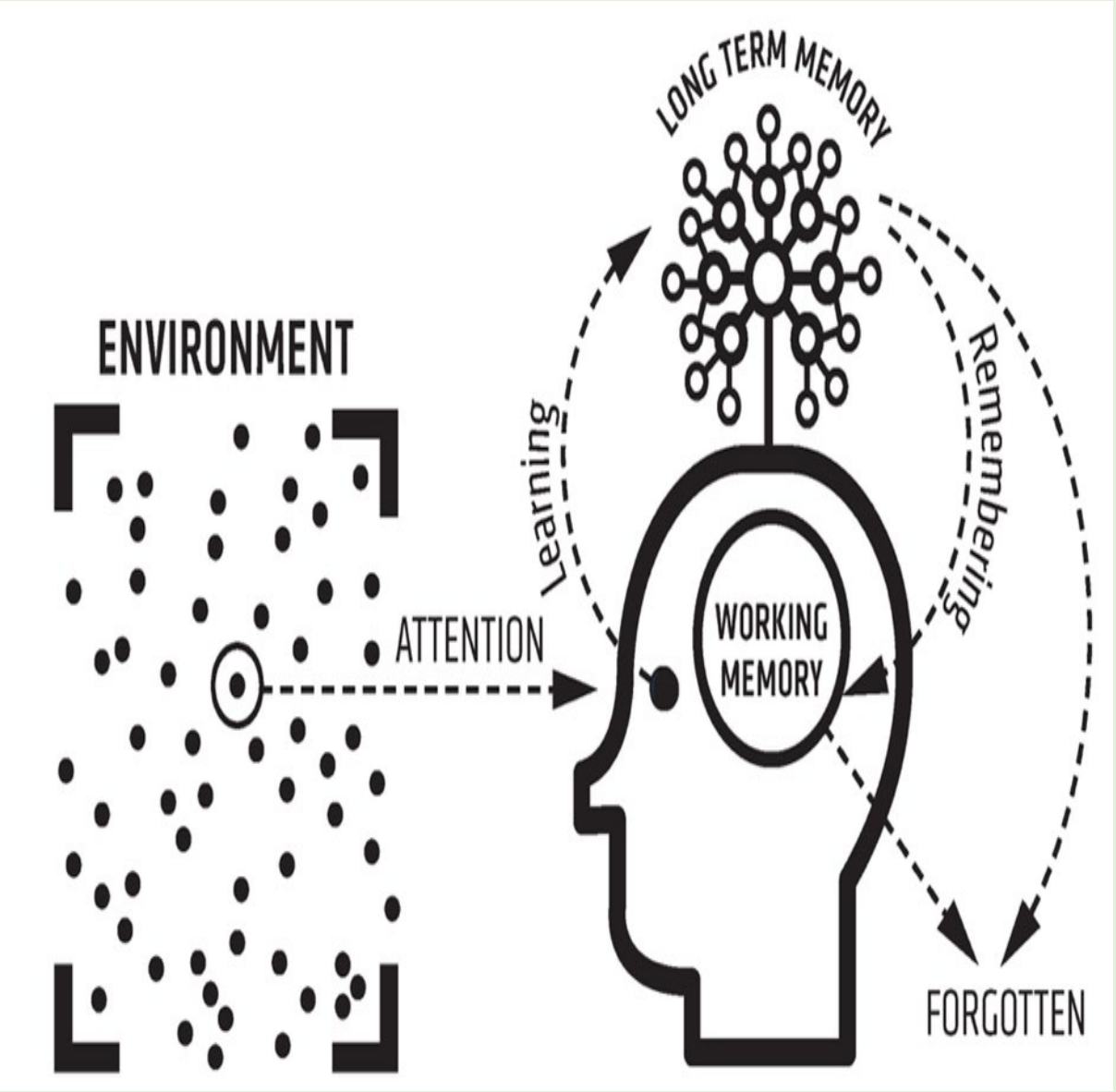
Task 1

- You will have 30 seconds to memorise the following number table.

16	15	21	11	9
22	1	8	23	5
3	4	2	20	14
12	7	24	6	13
19	25	17	10	18

How to Revise

- We have a certain amount of attention to pay and this can be limited and can dramatically vary depending on the individual or the environment. In the diagram above, '**attention**' means we acknowledge new information and this is then transferred into our working memory.



- Our **working memory** is finite and we can only absorb a limited amount of information at a given time. This may be up to 30 seconds.

- How many numbers can you recall?

- **Working memory for most is between 3-7 items only.**

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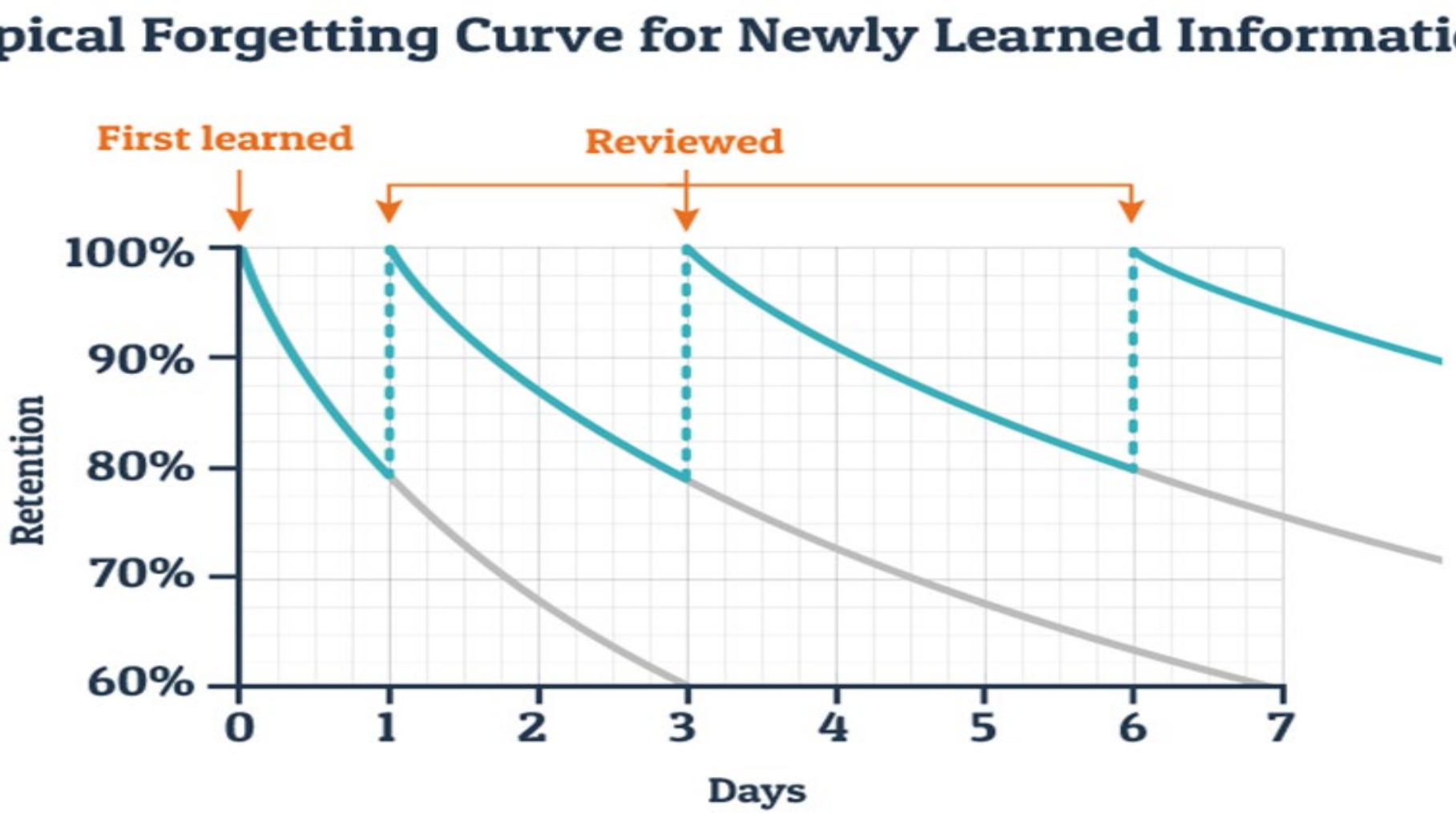
As stated above, forgetting is completely natural. The following diagram outlines this process and is called the Ebbinghaus Forgetting Curve (1885).



Ebinhous found that

- **Memory retention is 100% at the time of learning any particular piece of information (in the moment). However, this drops to 60% after three days.**
- A range of factors affect the rate of forgetting including motivation, the meaningful nature of the information, the strategies for revision and also psychological factors (sleep for example).
- **If each day, repetition of learning occurs and students take time to repeat information then the effects of forgetting are decreased.** According to research, information should be repeated within the first 24 hours of learning to reduce the rate of memory loss.

In summary, what do we know about **memory**?

- Consistent practice and revisiting previous material strengthens memory and boosts learning.
- Information, if not revisited, is ‘lost’ from our memory.
- Our working memory is finite and limited and so overloading this or cramming for revision doesn’t work.