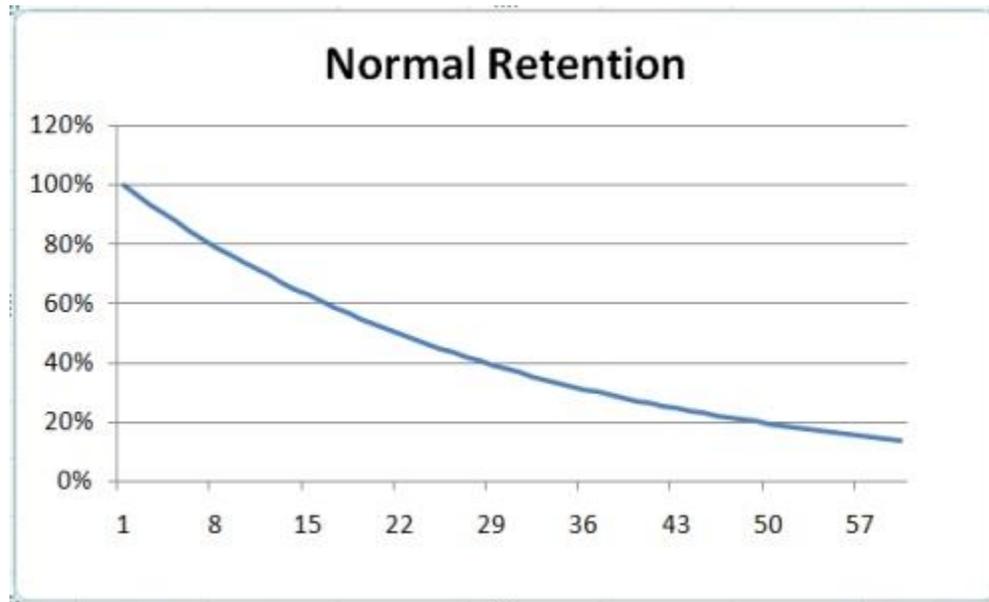


Memory Techniques: Forgetting Curve



The Ebbinghaus Forgetting Curve

Sometimes, we think we are going to remember everything we've ever learned... and then we forget!



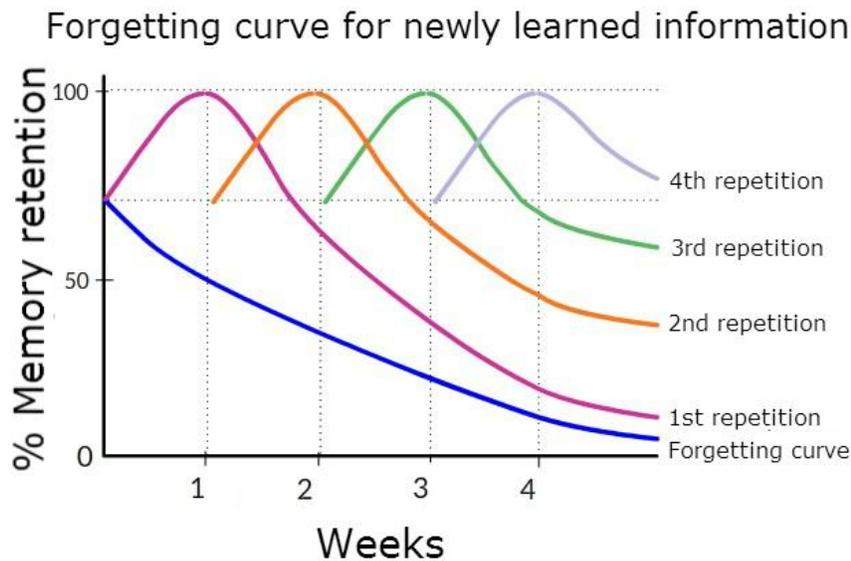
The graph above shows how much information we actually forget in the days or weeks ahead.

- If the information is **not reviewed**, we can lose **up to 60%** of the information in just **one month!**
- **Without** regularly reviewing your notes, you will remember **less than 20%** of information given early in the semester **when finals week arrives.**

The forgetting curve is most important for your **Long-Term Memory.** Repetition is one way to retain the information we have learned. The more information is repeated, the more likely it is to stick with us. **Reviewing your notes weekly can improve your retention rate by 65%.**

How can you improve your learning with information that just is not sticking? Flip this page over to learn more!

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Making Meaningful Connections

As the graph above shows, reviewing your notes regularly helps your retention, making meaningful connections can help you remember information at a better rate than simple memorization. There are three types of connections that can be made from your text:

Examples:

- **Text-to-text:** When a specific article relates to another article given to you. You are given one article about Special Education and another article about accommodations.
- **Text-to-self:** What have I experienced that relates to this article? The reading given is about Hawaii and you can connect the information to your travels.
- **Text-to-World:** How does this information relate to the world? The textbook chapter is about the start of the Oregon Trail and you learn the starting point of this trail, along with another, such as the Silk Road.

How can you make your materials make a meaningful connection to the world around you?

How would you institute a study plan that increases long-term memory?

How often would you need to study, and what materials will you need?