How Memory Works
Flow Chart Notes
Ebbinghaus Forgetting Curve graph below shows how easily we humans forget new information we encounter only once. For example, consider new information we might hear in a class on Monday. If we don’t reinforce or "touch" this new information often after we first hear it, notice what happens: After 24 hours without reinforcement, we will forget about 40% of it. After two days without practice, we will forget 60%.
4 factors that influence reception into short-term memory

Interest
Intent to Remember
Understanding
Basic Background
Reception into SHORT-TERM MEMORY

Meaningful Organization

- grouping
- association
- mnemonics

Ways to process and strengthen connections for long-term memory

words - sentences - rhymes - stories
Meaningful organization

Ways to process and strengthen connections for long-term memory

Sensory Modes

visualization  recitation  physical involvement
Sensory modes

Rehearsal

repetition  reflection  review  spaced practice

Ways to process and strengthen connections for long-term memory
We used various ways to process and strengthen connections -- moving information into long-term memory.
Once in long-term memory. We need to get information back out!!

Ways to retrieve, activate, and strengthen connections.

Retrieval

Self Testing

Periodic Review

Reverse the Input

ltm
Back into Long Term Memory

Again, activating and strengthening connections