CHAPTER 5

How Memory Works
The moment we first hear new information

One day later without reinforcement

Two days later without reinforcement
4 factors that influence *reception* into short-term memory

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

Ways to process and strengthen connections for long-term memory

Meaningful Organization

- grouping
- association
- mnemonics

words-sentences-rhymes-stories
Meaningful organization

Sensory Modes

visualization recitation physical involvement

Ways to process and strengthen connections for long-term memory
Sensory modes

Ways to process and strengthen connections for long-term memory

Rehearsal

repetition  reflection  review  spaced practice
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.

Working or active memo

Self Testing

Periodic Review

Reverse the Input

ltm
Back into Long Term Memory

Again, activating and strengthening connections