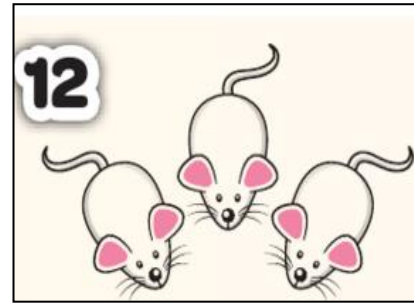
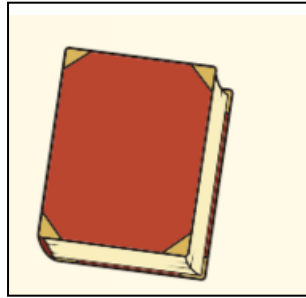
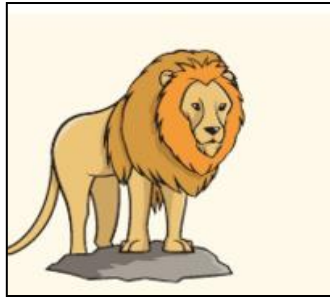
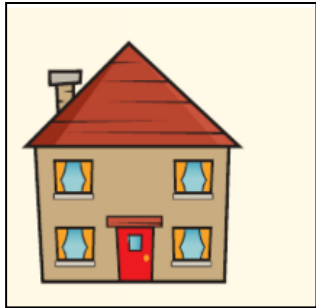
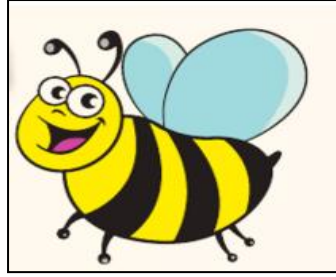
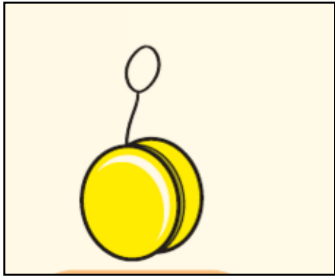


# Try to remember any **7** pictures



# Memory and Retention

## Supporting Success Evening



# Long term memory is the key to success.



~ Repetition ~  
'Over learn' material



Students tend to practise only until they are able to perform one error free repetition of the material. However, several error free repetitions are needed to solidify the information.

## Flashcards

# Using Flash Cards

- Students should **make their own** flashcards
- Add **pictures** and mix them up with words
- Only have **one point on each card**
- Say answers **out loud** before you turn it over for the answer
- Use your cards from **both sides**

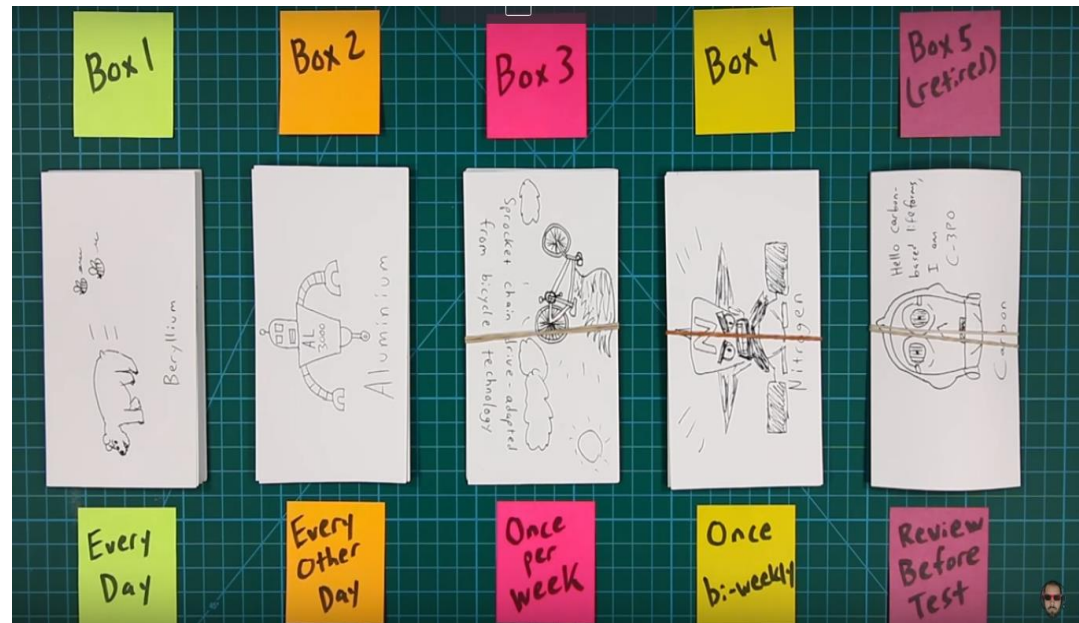
## Spaced Repetition

Divide the flashcards into boxes or groups and label them:

- Every Day, Every Other Day, Once a week etc...

Forgetting  
fortnight

Every time you study a card in a box and get it right move it on to the next box. If you get it wrong move it back to the first box so you are revising the things that you are not retaining so well more often



# Memory through song...

## **Stanground College French lessons in the 90's:**

Bonjour, salut, à tout le monde bienvenue, Ça va, aujourd'hui,  
oui, ça va, bien merci!

### Fun and creative ways of revising

- Create a rap, poem or song to recall key words or sequences.
- You could turn an experiment or ingredients into a song
- Check YouTube for some brilliant revision songs!

# Jolly Phonics

## Layer up!

Strengthen the 'fixative' power of learning by using **gesture**, **sound** and **picture** to embed new vocabulary



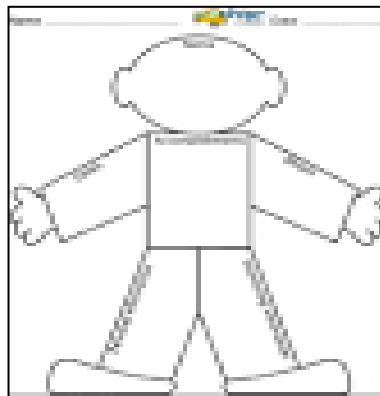
## Memory through acronyms

Dance students... If you get a question on use of camera, I know it's one you'll want to *pass... but don't!*

Think... PAS... Proximity, Angle, Special effects.

# Active Reading

- Underlining, highlighting or *jotting down* key points in the margin is useful to enhance **short-term memory**.
- To consolidate information into **long term memory** students need to make outlines of what they have read or use **graphic organisers**.



# Memory Palace

While a memory palace can be a purely imagined place, it is easier to base it upon a place that exists in the real world and that you are familiar with. A basic palace could be your living room, for example. Larger memory palaces can be based on your house, a cathedral, a walk to the corner shop, or your town. **The larger or more detailed the real place, the more information you can store in the corresponding mental space.**

- Imagine a room and think about the things in this room in the order that you would encounter them as you walked round. Give each item a number.

E.g

Living Room

- 1 Corner Sofa    2 Chair    3 Glass doors    4 Toy corner    5 TV    6 Bookshelf
- You should naturally know these things in order...
- Now attach one thing that you need to remember to each item and keep repeating.

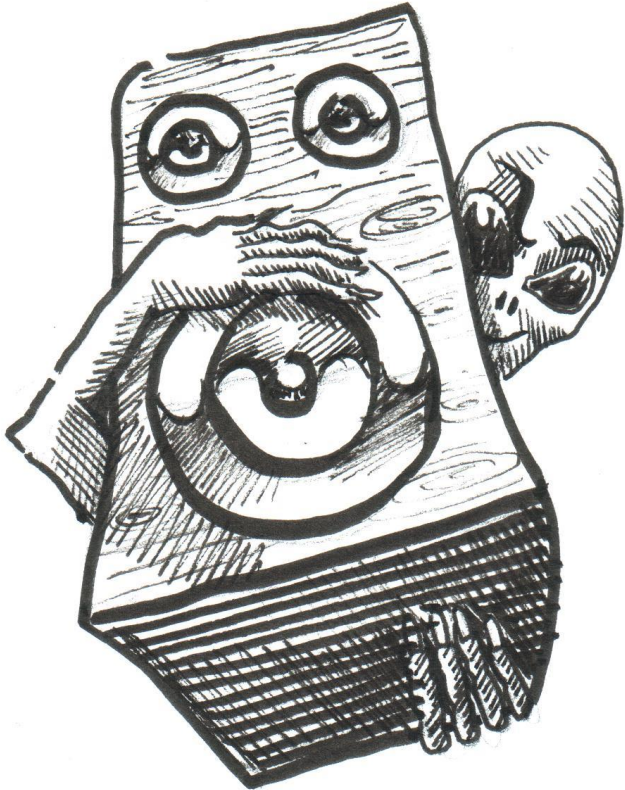
<http://www.wikihow.com/Build-a-Memory-Palace>



## **E.g: Learning the characters in Romeo and Juliet**

- 1 TV- Romeo
- 2 Plant –Juliet
- 3 Fireplace- Tybalt
- 4 CD Rack- Benvolio
- 5 Sofa – Friar Lawrence
- 6 Sideboard – Prince
- 7 Coffee Table - Nurse

# Music in the background can enhance memory



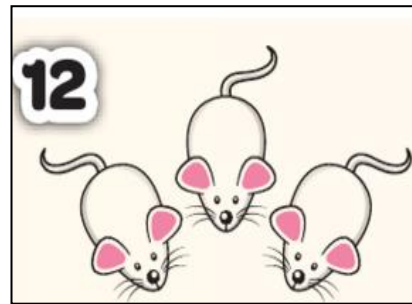
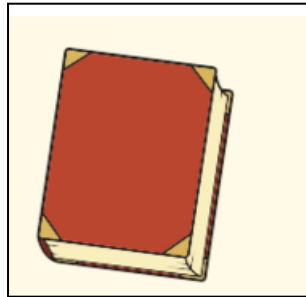
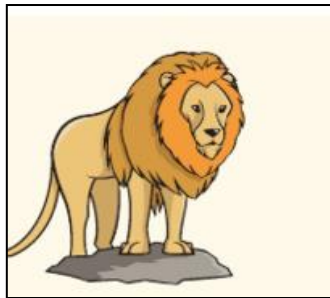
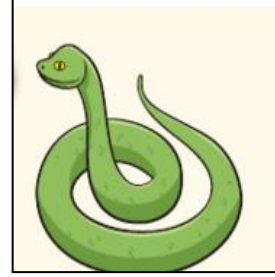
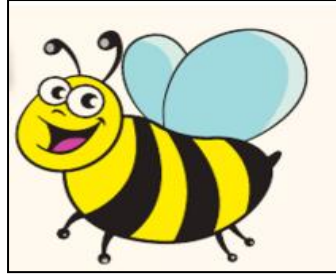
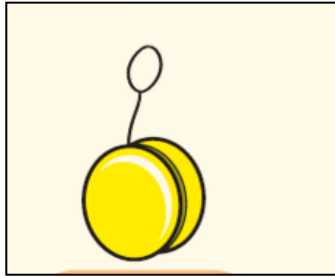
## When listening to *60 bpm music*

The heart relaxes,  
blood pressure reduces,  
state of mind becomes more alert.

CAN YOU REMEMBER YOUR  
7 IMAGES??!!



# Can you remember your **7** pictures?



# The Magic number 7...

Research into memory functioning revealed that 7 is the ideal and maximum number of different pieces of information that the brain can take in and hold at any one time.

**DNT 4GET**

Same number of letters/number as your number plate