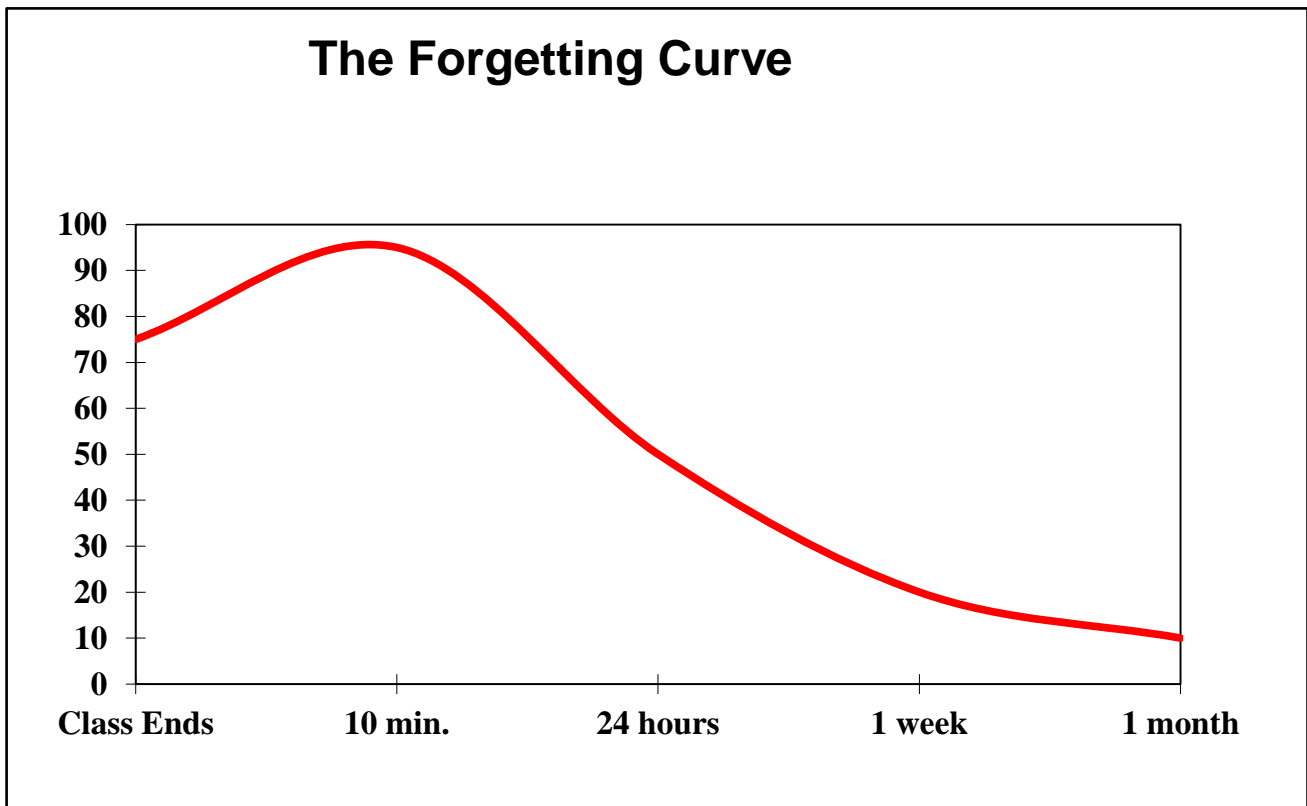


How Do We Forget?

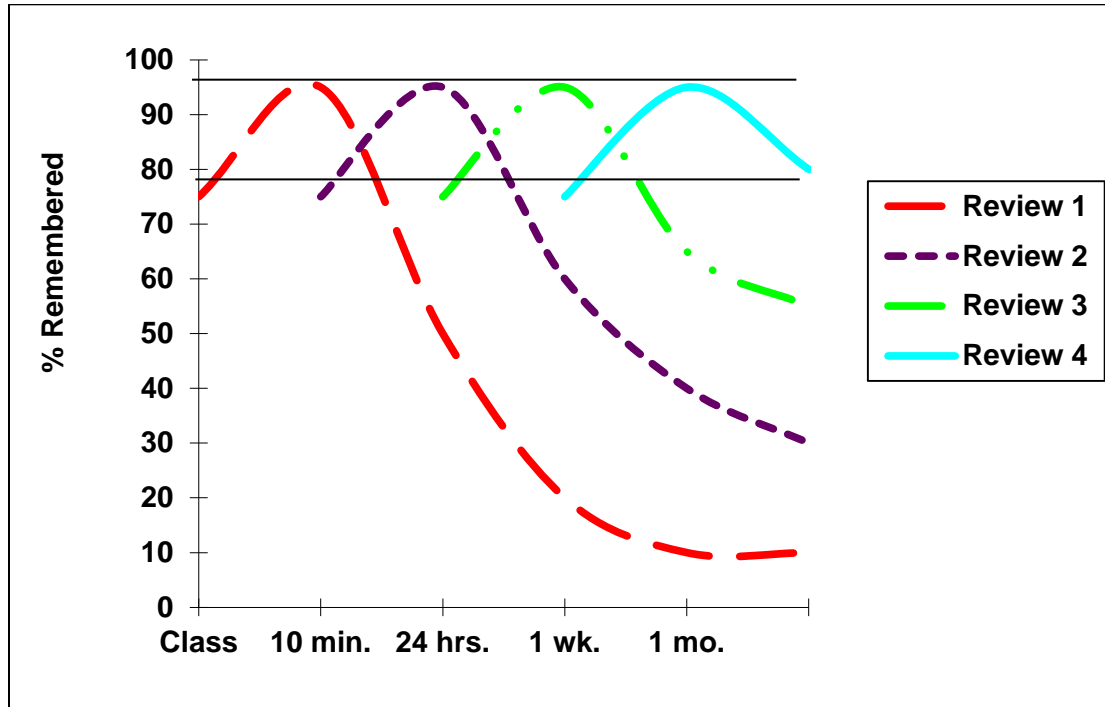
The forgetting curve demonstrates why it is important to study and review your notes on a regular basis.

- 1) While in a lecture you will retain almost 80% of what you learned.
- 2) 10 minutes after class you will retain 95% of what you learned. You remember more once you have had time to process and make sense of the lecture material.
- 3) After only 24 hours, you only retain about 50% of what you learned. This means that after a day you have already forgotten about half of the information you learned the day before.
- 4) After one week, you have forgotten about 75% of what you learned in the lecture.
- 5) After one month – usually around the time of your first major test or midterm – you have forgotten about 90% of what you learned.



Overcoming The Forgetting Curve

REVIEW your notes the same day....



- 1) If you review your notes 10 minutes after class you will retain 95% of the material.
- 2) Within 24 hours you retain just under 80% of the material. However if you review again after 24 hours you will retain 95% of the material.
- 3) After a week you will retain just under 80% of the material. But again if you review you will retain 95% of the material.
- 4) When you begin to study for the midterm test you will retain about 80% of the material and it will not take you long to remember 95% of the material in your notes.
- 5) The amount of time you have to spend studying before a test is significantly reduced. Also, you will have had time to process the information and it will have a chance to enter into your long- term memory.

...**SAVE** study time later