

Memory



Year 11 - Revision

How does your memory work?

Stage 1: Sensory Memory

We are bombarded with huge amounts of information all the time through our senses.

Think about it, what can you see, feel, smell ... right now?

Most of this information is ignored and we don't pay attention to it, therefore we don't remember it.



How does your memory work?

Stage 2: Working Memory

When we pay attention to our sensory memory, we give ourselves the chance of learning something.

So to learn, you have to PAY ATTENTION.

However, even when we do pay attention to information most of it will be forgotten unless we do something with it.



How does your memory work?

Stage 3: Long Term Memory

So to move things into our long term memory, we have to make the original information meaningful.

That's why your teachers teach lessons. To help you understand what you're trying to learn.

Then they often check whether it's gone in, because rehearsing it and retrieving the information is a good way of ensuring that you don't forget.



How does your memory work?

Stage 4: Putting it all together

You need to practise the same material over and over. A topic may need to be reviewed and revised up to 6 times, in different ways, so that it transfers into your long-term memory.

Over the next few weeks we are going to introduce you to different types of revision techniques that will help with creating long term memory of your revision topics

