

Sakura Online Seminar

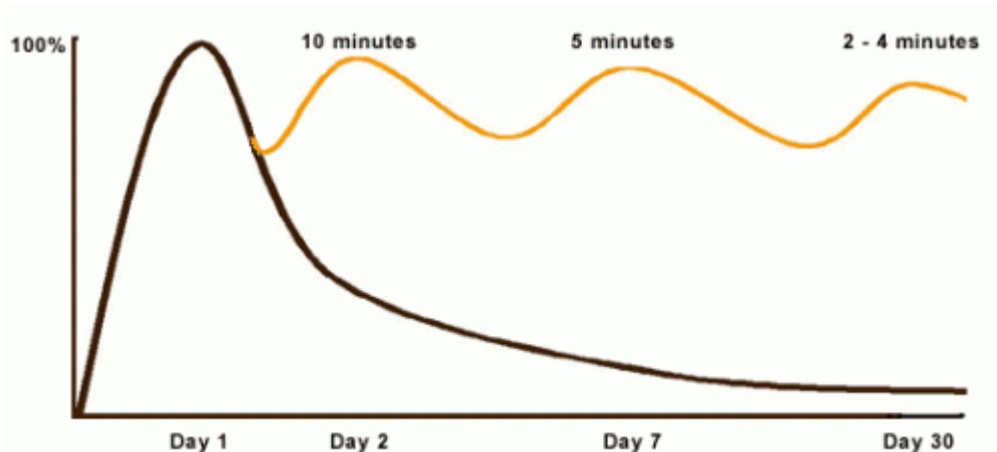
Curve of Forgetting

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The more you review and use it daily the more you will remember it easily . it will retain in your memory.

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The Curve of Forgetting points out how we keep information that we take in. It's based on a one-hour lecture.



On day 1, at the beginning of the lecture, you have no knowledge about it , or 0%, (where the curve starts at the baseline). At the end of the lecture you know 100% of contents.

By day 2, If you didn't use the information you learned in that lecture, you will easily forget it. If you didn't apply the information you learned, you will have lost 50%-80% of what you learned. Our brains are constantly recording information in short period. scraps of conversation you heard on the sidewalk or what the person in front of you is wearing. Because such information isn't necessary, so our brains dump it all off, along with what you learned in the valuable lecture regardless you want to hold on it.

By day 7, we remember even less, and by day 30, we retain about 2%-3% of the original hour! This nicely coincides with midterm exams. you may feel as if you've never learn this before in your life. you need to actually re-learn it from Zero.

You can change the shape of the curve!

Reprocessing the same chunk of information sends a big signal to your brain. This function helps to hold onto that data. When the same thing is repeated, your brain says, "Oh – it comes again, It might be important, better keep that." When you are exposed to the same information repeatedly, it takes less and less time to "activate" the information in your long term memory. It becomes easier for you to retrieve the information when you need it.

Here's the brain function for making time to regain content:

within 24 hours of getting the information – if spent 10 minutes reviewing, you will raise the curve almost to 100% again

A week later (day 7), it only takes 5 minutes to "reactivate" the same material, and again raise the curve.

By day 30, your brain will only need 2-4 minutes to give you the feedback, "yes, I know that..."

Students often feel they can't possibly review session every day in their schedules - they have trouble keeping up as it is.

However, this review is an excellent tip. If you don't review, you will need to spend 40-50 minutes re-learning one hour of material later.

- do you have that kind of time? Cramming fails to store information in your long term memory successfully. Assignments during the term and exam makes it harder to access that data.

Depending on the course load, the recommendation is to spend half an hour or so every weekday, and 1.5 to 2 hours every weekend on review activity. Perhaps you only have time to review 4 or 5 days of the week, and the curve stays at about the mid range. That's ok, it's a lot better than the 2%-3% you would have retained if you hadn't reviewed at all.

Many students are amazed at the difference in whether or not constant reviewing help them to understand and how well they understand and retain material.

It's worth experimenting for a couple weeks.

you will be so happy when you realized that your brain stores what you actually want to retain.