

Forgetting Curve Exercise

The Forgetting curve shows that there are 'optimum intervals' when learning for reviewing or revising work. If you look over work after these particular time delays there is a greater chance that the information will stick in your long term memory. It may seem like a lot of effort but in fact, if you can use it well, you will save a lot of time and trouble!

The following chart is for you to complete. Try filling it in for a real piece of revision this term and see if it makes a difference. The review sessions don't need to take very long at all, but you must make sure that you really give your full attention to the material you are studying, both in your first session and in the subsequent reviews.

In the first session use a plain piece of paper to record the material you have to learn in whatever way you like:

- Lists
- Pictures
- Diagrams
- Mind maps
- Flow charts
- Write a poem or tell a story!

Try to make it colourful, fun, **easy to read**, and clear. Make a note on the bottom of the sheet when the 4 review times are due. Then keep it somewhere safe or put it up on your wall.

When you review spend up to five minutes reading through, covering up sections and remembering what's there. Better still ask someone to test you quickly.

Forgetting Curve revision schedule

	First learning	Review 1	Review 2	Review 3	Review 4
Topic		Same day	+24 hours	+7 days	+1 month
Whatever	April 20th	April 20th	April 21st	April 28th	May 28th
Something else	April 27th

When you write your revision timetable make sure you note the days for your reviews!