



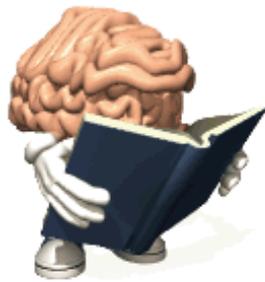
How does your **m**emory work and how can it help you to study?

During this year you will be given **several resources** to help improve your **study** and **revision skills** in preparation for the **GCSE exams**.

Each one will aim to provide you with some information and **practical activities** to have a go at in tutor time and at home. They will also be available on the school website.

This week's resource is all about improving your **memory** – a very important skill for revision! Read through to learn about how your memory works and the top tips to improve it. Then have a go at some of the following activities.

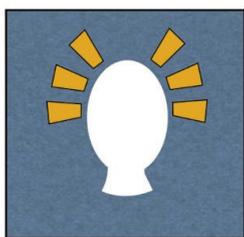
Why don't you **try a different activity every day** and see which one works **best for you?**



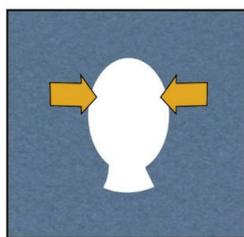
Studying and revision is all about learning how to **encode** the information in the best way to help you **retrieve** it when you need it...like in the exam!

Psychologists have developed many theories of how our memories work. Understanding some of these may help you when studying & revising...

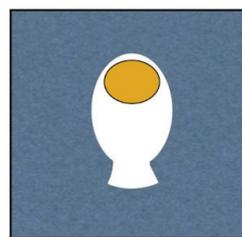
The process of memory



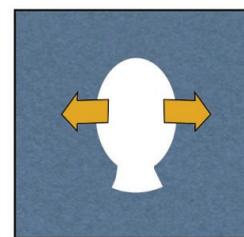
Attention
Taking in
information from
our senses.



Encoding
Changing the
information ready
to be stored.



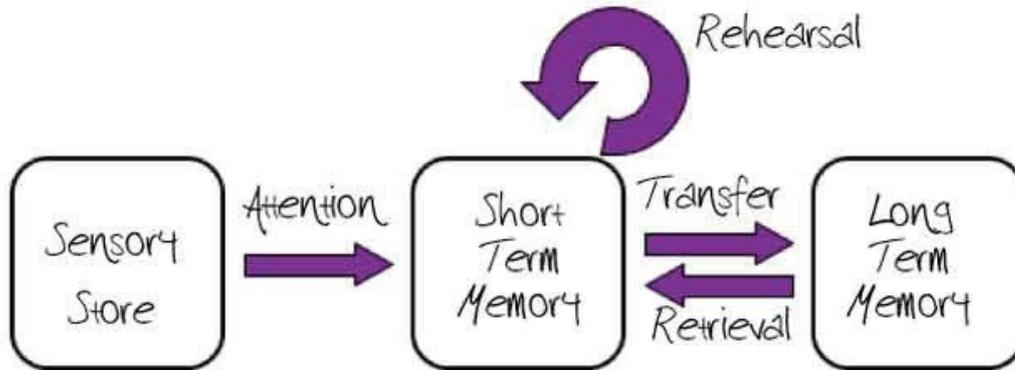
Storage
Holding the
information in our
memories.



Retrieval
Getting the
information out of
our memories.

Theories of memory...

1. The Multi-Store Model of Memory



This model of memory suggests that the more we go over information the more we will remember it. This is called rehearsal.

TOP TIP



When studying you should go over information **little and often**. It is better to go over the same material a number of times rather than spend a long time studying the same thing. Using **flash cards** are very helpful for this.

2. The Levels of Processing Model of Memory

SHALLOW



Visual Processing – what you see (reading a text or looking at a diagram).

This is the **least effective** way to study.



Phonetic Processing – what you hear (listening to a podcast).



Semantic Processing – thinking about the meaning (summarising a text into a storyboard).

This is the **most effective** way to study.

DEEP

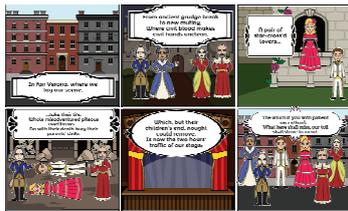
When studying you should try to use **semantic processing**. This is where you think about the **meaning** of the information. Don't just read, highlight or copy your notes - do something with them.

TOP TIP



For example, some great ways of using semantic processing are...

Storyboards



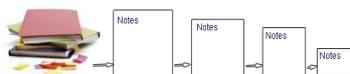
Turn *Inspector Calls* into a storyboard.

Flashcards



Write down key quotes from your poems on **flash cards** and rehearse them.

Condense the information into 20 words



For example, in Philosophy and Ethics you could condense the topic of Buddhist practices into 20 words.

Mnemonics



Create **mnemonics** to help you remember key information e.g. BODMAS (brackets, other things, divide, multiply, add, subtract) to help you remember the order to do the maths sum.

Turn information into a song



Teach the content to someone else



Team up with another member of your tutor group and **teach them** the different types of diseases you need to know for Biology – *communicable, viral, bacterial, fungal and protist.*

For example, in Geography you could make a mind map on *Geomorphic Processes* with **five branches** – *weathering, mass movement, erosion, transport & deposition.*

Mindmaps



Take regular **breaks**. Memory recall reduces if you work for too long. Once you have had a break, **test yourself** on what you have been working on.

Other top memory tips...

Group smaller pieces of information together into groups. This is called **chunking** and research has shown it will improve your memory capacity.

When revising make sure you don't revise similar topics too close to one another. This will **interfere** with the previous topic when you come to **recall** the information.



Sleep is important to help your brain process what you have learned that day. You should aim for 8 hours a night.



