

How Your Memory Works — and How to Make it Work for You!

Immediate Memory

Major Factor Dominating Immediate Memory:
Intention/Importance



Working Memory

Major Factor Dominating Working Memory:
Interest/Variety



Long Term Memory

Major Factors Dominating Long Term Memory:
Sense/Meaning
Value/Relevance
Rehearsal/Repetition

Things to Do for Successful Learning:

- Decide that the information or skills are important to you
- Choose to learn
- Choose to pay attention in class
- Choose to work with as few distractions as possible

Things to Do for Successful Learning:

- Use variety to keep things interesting — create change every 10-20 minutes
- Create and pursue lots of small goals and challenges
- Experiment with your learning styles — share them with others and learn from others
- Simplify and declutter — concentrate on fewer things
- Do not try to multitask — keep focussed
- Change how you approach your work regularly (summarise, solve, check, discuss, quiz, race, etc.)
- Forge links with other things that you already know

Things to Do for Successful Learning:

- Make sure that you understand
- Participate fully in class (ask questions)
- Seek out enthusiastic, talented and inspiring people to help you
- Search for inspiring videos, books or other resources
- Learn to want to remember the material (answer your own questions about why you should study the material)
- Use your diary to monitor your revision
- Revise in a variety of ways (oral, aural, relational, mental, written, etc.)
- Make links with other things that you already know (extra reading, extra problems, discussions, engaging in creative and analytical thinking)
- Use rote rehearsal (lots of practice and drill work) to develop and embed your skills
- Learn what is perfect and practice that — learn properly the first time
- Set your work out properly—set work out in distinct steps
- Learn from an expert