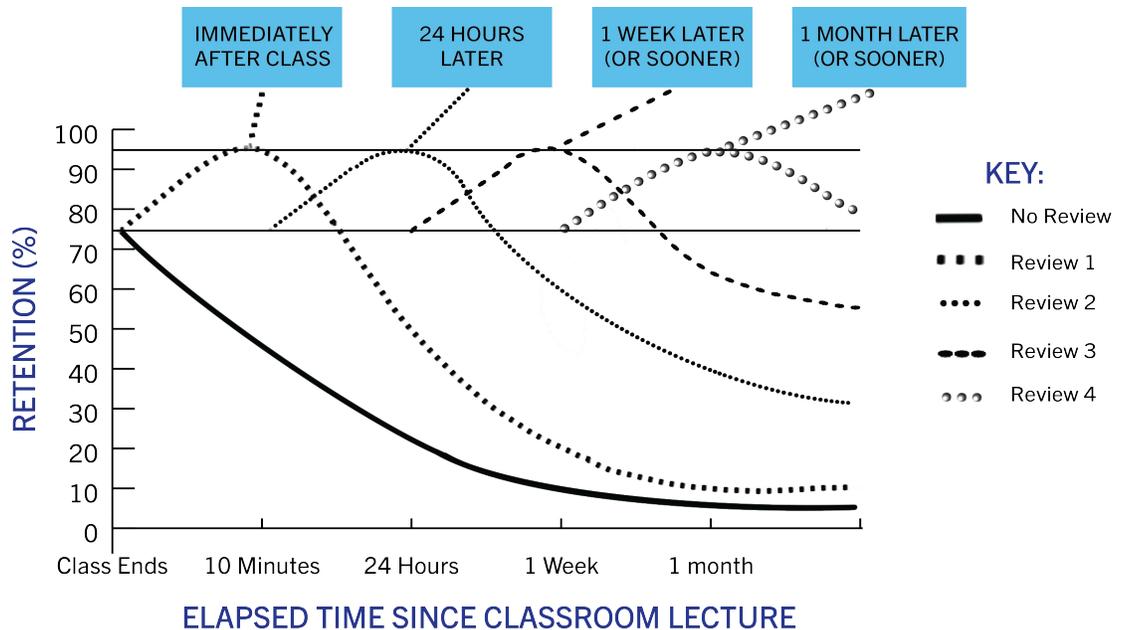


Mastering the Curve of Forgetting Through the Study Cycle

Overview of the Curve of Forgetting

Hermann Ebbinghaus conducted memory experiments in the last 1800s. The curve of forgetting, sometimes referred to as the Ebbinghaus forgetting curve represents how information is lost over time if not revisited.

The graph to the right shows how information is forgotten over time and how reviewing increases retention of information.



You Can Master the Curve of Forgetting by Following the Study Cycle

Preview. Before you attend class, it is important to preview the material to be covered.

- Skim the chapter, note headings, and boldface words;
- Review summaries and chapter objectives; and
- Note questions you would like answered in class.

Attend. Go to class!

- Ask questions you identified during preview.
- Make meaningful notes. Think about whether handwritten or electronic notes would be most effective for you.

Review. Within 24 hours of attending class, it is important to review the material covered.

- Review and summarize your notes.
- Fill in any gaps that still exist by incorporating your text and any available materials.
- Identify any remaining questions you can ask during office hours.

Study. Studying is different from review.

- Repetition is key. 3 to 5 short, intense study sessions per day.
- Ask yourself questions such as why, how, and what if.
- Over the weekend, review your notes and material from the week to make connections among concepts.

Assess. Periodically perform reality checks.

- Are you using study methods that are effective?
- Do you understand the material enough to teach it to others?
- What else can you do to strengthen your understanding?

Implementing the Study Cycle

Use the space below to identify how you can implement the study cycle across your courses.

Preview _____

Attend _____

Review _____

Study _____

Assess _____