



# HELPING STUDENTS TO REVISE

This week's focus: *How does your memory work?*



It is important for students to understand how their memory works. Memory is an integral part of learning as it allows them to learn and retain new information, build relationships with the material being learned and make connections between ideas. Being aware of this will allow students to understand how they can strengthen their long term memory.

Watch this week's session here

Environment

## Sensory Memory

Sensory memory can take a lot of information. But this information is stored only for a short period of time.

Visual info – ½ second  
Auditory info – 3-4 seconds

Attention

## Working Memory

Working memory is what you are conscious of or thinking about at any given moment.

This is where the memory work happens.

Encoding & Storage

Retrieval

## Long Term Memory

Our long term memory is where we hold all our memories.  
One goal of learning is to get information into our long term memory so we can use it later when we need it.

What does this mean?

The more frequently we retrieve information, the stronger our long term memory becomes and the easier we can remember it!

## REVISION TECHNIQUES

*How can students strengthen their memory at home?*

Here are two key revision strategies that you can do at home. Students can use their ILB's to create quizzes or select key vocabulary.

### Quizzes

Write a set of questions and answers and ask someone to test you. It's important to either write or say your answers loud. Reading through quizzes in your head can give you a false sense of security.



### Key Vocabulary

For a particular topic, make a list of key vocabulary, then do the following:

- Define each word
- Use each term in a sentence
- Create a question where the key word is the answer
- Identify other words which connect to each of the words in your list



Remember...

**Say your answers out loud to someone else or write them down!**

Visit our school website for more revision strategies and videos on how to revise and how memory works!



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