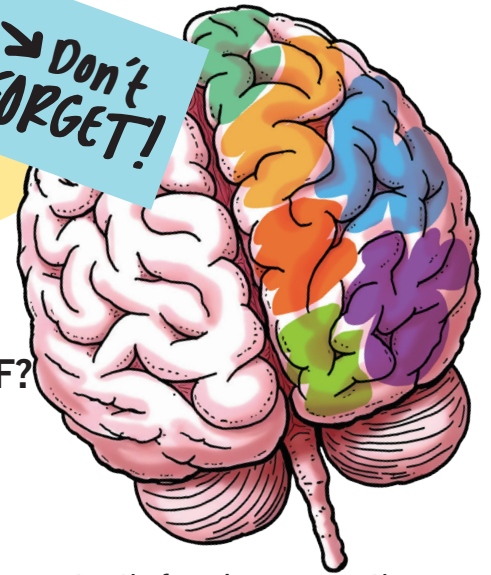




LEARNING AND MEMORY

→ Don't FORGET!



Think of all the stuff you have learnt in your life already.

You have learnt to walk, talk, ride a bike, tie your shoelaces, read, write, add, subtract, recognise people, work with money, send texts plus thousands of random facts, **BUT WHERE ARE YOU PUTTING ALL THIS STUFF?**

In your brain of course! But how does it get there and why don't you forget it?

PATHWAYS of learning

Your brain is constantly building new pathways as you learn. The paths that are being used the most, become fixed in your brain and are very strong. Those paths that are used the least, fade away (this is the stuff that you forget)

BRANCHING OUT

As you learn, your brain is constantly forming new pathways. When you learn something new, the neurons (cells in your brain) grow branches and make new connections with each other. This creates a new road of pathways in the brain. When you remember something that you have learnt, signals zoom along this road again. It is memorised.

HAVING A GOOD MEMORY IS CRUCIAL FOR STUDYING EFFECTIVELY BECAUSE IT ALLOWS YOU TO RETAIN, RECALL, AND APPLY INFORMATION MORE EFFICIENTLY. HERE ARE SOME REASONS WHY MEMORY PLAYS A VITAL ROLE IN LEARNING:

- 1 **Retention of information:** Without a reliable memory, learning can feel like starting over every time.
- 2 **Building connections:** Learning involves connecting new information to what you already know. A strong memory is critical for this.
- 3 **Efficiency in learning:** A good memory saves time.
- 4 **Improved academic performance:** A good memory helps to perform well on tests and assignments.
- 5 **Boosts confidence:** Memory gives confidence to tackle challenges



SLEEPING ZZZZZ

Sleep is very important to the brain. When you sleep, your brain goes through what you have experienced or learnt that day. Some things are 'banked' as memories, and other things are 'deleted'.

HOW IS **your** MEMORY?

Answer the following questions with YES or NO and discover the truth!

- Can you always remember song lyrics?
- Do you always remember family and friend's birthdays?
- Do you prefer subjects that have lots of facts because you find them easy to remember
- Can you remember stuff from when you were very little? (Not stuff that your parents have told you about from when you were little.)
- If someone tells you where to find something do they only have to tell you once?
- Do you always remember where you place your stuff?
- Are you always on time or are you often late?
- Do you remember phone numbers off by heart?
- Do you remember people's faces and recognise them easily?
- Do you remember people's names after you have been introduced to them?
- Do you remember the punchlines of jokes easily?

YES	NO
YES	NO
YES	NO

YES	NO
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YES	NO
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YES	NO
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YES	NO
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YES	NO
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YES	NO
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YES	NO
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YES	NO
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TIP OF THE TONGUE

Everyone has moments when they forget things even though they KNOW they know it.

This is called **Tip of the Tongue syndrome (TOT)**. Some people struggle to remember things and some are lucky and remember things easily.

RATING:

If you answered YES to nine or more questions – WELL DONE! You have an excellent memory.

If you answered YES to between five and eight questions you have an average memory.

If you answered YES to four or less, you have probably already forgotten that you took the test!

