



Memory Rules

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Effective memorization is the key to excellent recall. Learning research is steadily adding techniques to improve the transfer of material to the long-term memory, thus improving recall. The more you know about how memory works the more you can teach for success.

The recommendation from many learning experts that learning sessions last no more than 20 minutes is based on the retention curve. It has been found that students remember a higher percentage of the material at the beginning and at the end of learning sessions than in the middle.



Therefore, when you break learning into shorter segments you increase the time when retention is at its peak. You may be reluctant to shorten learning sessions and include a two-to-four-minute break between each session, but if you do, you will be rewarded. Your students will actually learn more in less time than when you teach for 50 minutes or longer.

Here are six rules for increasing retention that you should be able to recall:

- What is unusual is remembered in greater detail; eliminate dull learning routines and you improve retention automatically.
- Organize the material; categories make new material much easier to remember.