

## **TUTORING**

### **Remembering What's Been Learned**

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Everything we do or think is recorded by our brain. However, most of us forget over 90 percent of what we have learned in about four weeks.

The greatest amount of forgetting occurs immediately after a task is finished. To retain information beyond the actual time it takes to learn it, and to transfer it from short-term to long-term memory, requires skill and effort. The reasons for forgetting are many. The good news is that there are ways to slow down this forgetting process, and improve retention. Here are some suggestions to help your student—and you—improve memory.

#### ► **ATTENTION**

Students must be motivated and interested if they are to learn something thoroughly. Try to relate learning to a student's daily life. Focusing on the student's goals and interests is a good way to get and keep their attention. We all learn the things we need to know.

#### ► **GET IT RIGHT THE FIRST TIME**

The mind clings to first impressions. Go slowly and carefully the first time you introduce material. That will help learning take place.

#### ► **DO NOT OVERLOAD**

Research says that we can remember about seven “chunks” of new material. Be selective. Don't try to teach too many new ideas or concepts at one time.

#### ► **MAKE ASSOCIATIONS**

Attach new ideas to something the students already know. Connect the learning with something in their background or experience. Ask them if the new information agrees with, disagrees with, or enhances what they already know.

#### ► **USE ALL THE LEARNING SENSES**

Information goes into our brains through our senses. All of us have a preferred style of learning, which means we depend on one sense more than another. Some of us remember faces rather than names, follow oral directions better than written ones, or prefer *doing* something to being shown how to do it.

Teach to your student's strength, but reinforce the information using a multi-sensory approach. Incorporate something visual, auditory, and kinesthetic into your lessons and activities. That will reinforce the learning in a number of ways.

## ► **RECITE**

Ask learners to summarize in their own words, orally or in writing, what they learned. Without reciting immediately after reading, little information will be transferred from short-term to long-term memory.

## ► **STRUCTURE**

If possible, organize information in a way that is easily remembered. An outline, list, chart, or even a mnemonic device can simplify information into a format that is easily retained. (Example: To remember the colors of the spectrum think “Roy G. Biv” to remind you of red, orange, yellow, green, blue, indigo, and violet.)

## ► **REVIEW**

Frequent review is one of the most efficient methods for improving memory. It has been said that a new word must be used fifty times before it is remembered. Take a few minutes at the beginning of each lesson to review previously learned material. Make practice exercises for homework. Incorporate practice games and activities into your lessons.

Above all, make learning a positive experience. Have fun. Mental attitude has a surprising effect on memory.