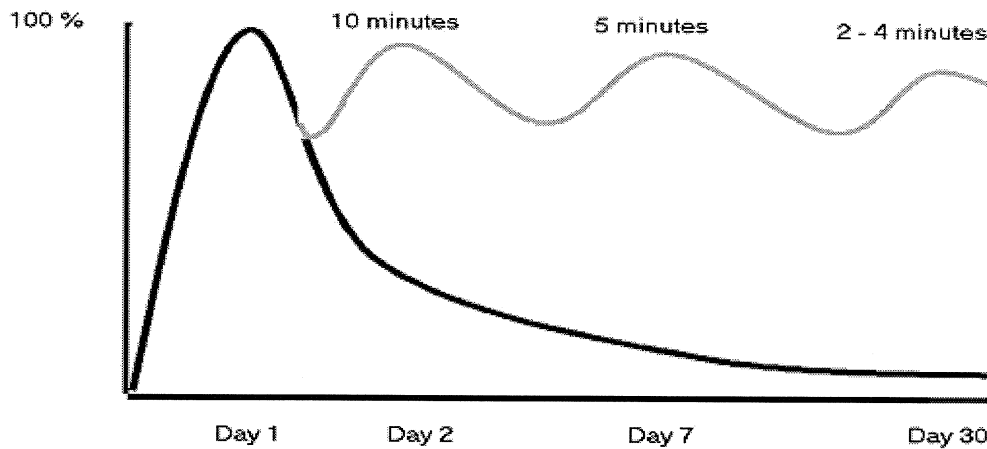


The Curve of Forgetting



The Curve of Forgetting describes how we retain or get rid of information that we take in. It's based on a one-hour lecture.

If you do not review your notes: (Depicted by black line)

DAY ONE: By the end of lecture, you know 100 % of what you learned.

DAY TWO: If you have not reviewed your notes at all, you have lost 50%-80% of what you learned yesterday.

ONE MONTH: If you have still not reviewed your notes, you only have retained 2%-3% of the information from the original lecture.

- When the test rolls around, you may have to relearn everything from scratch!
- You will need to spend 40-50 minutes relearning each hour of previously covered material. This time doesn't include time to actually study and review it before the exam.
- Let's face it...you really don't have that much time, so you need to change the curve.

Changing the Curve: (Depicted by gray line)

DAY ONE: spend ten minutes reviewing and you will be back at 100 % again.

WEEK ONE: spend five minutes to "reactivate" the same material; review every week until the exam, so the information remains close to 100 %. (Need to mention something about having it be a cumulative review but I don't know how to phrase it)

ONE MONTH: by the day of the test, you will only need to review for about 2-4 minutes.

"Study Smarter, Not Harder." Greater University Tutoring Service. 2005. University of Wisconsin. 17 Aug. 2009 <<http://guts.studentorg.wisc.edu/sshandbk2006.htm>>.