

Chunking Drill 6

Memory

When we experience anything, some parts of that experience are permanently recorded in the brain as memory traces and these traces have something to do with biochemical changes and nerve cells. Very little is known about such changes. We do know that we can train ourselves to remember more if we really want to. How do we go about it? Perhaps this sequence of events will help. Let us call them the 'R's of remembering.

Reason	Recognition	Registration	Reinforcement
Recall	Retention	Retrieval	

First, we must have a reason for wanting to remember something, because it is relevant to our study or job or beliefs or for some other facet of our life.

When we have a reason and intend to remember something we have recognised, we have to register it in our brain in such a way that we can recall it when necessary.

A good way to register something is to associate it with something we already know and remember well. This association will reinforce the new piece of information and will act as an aid to memory. Every music student knows that the line notes on the treble stave are easily remembered by the phrase Every Good Boy Deserves Fruit (EGBDF).

When the new piece of information to be remembered is reinforced with some other fact, then we should recall it as soon as possible and as often as possible, until we are sure that we have retained it and remembered it. Frequent recall will ensure longer retention.

If you have already forgotten a lot of what you have just read, and you wanted to remember it, then you are not getting the full value of the effort you have just expended.

We cannot effectively retain what we read, unless we understand it. The battle of understanding must be fought and won first.

Record your time here:

First time seconds
Second time seconds
Third time seconds
Fourth time seconds