

Forgetting

may be explained by

may be minimized using

Decay Interference Retrieval Failure Motivated Forgetting Brain Damage

Memory Improvement Techniques

meaning
Use it or Lose it

may be

also called
Repression

theorized by
Sigmund Freud

such as

Proactive Retroactive

studied by

where

where

causing

Mnemonics Distributed Practice Study Skills

Hermann Ebbinghaus

Old information prevents learning new information

Amnesia

including

including

Loci Acronyms Acrostics

using

found

New learning alters or eliminates old information

which may be

Reading Strategies Note Taking Strategies

Method of Savings

Forgetting Curve

Anterograde Retrograde

such as

such as

PQ4R

Stopping right away to go over something you don't understand

showing

Most forgetting occurs in the first hour, followed by slower but consistent decreases in memory

where you forget

where you forget

Taking Better Notes

Things that happened after the injury

Things that happened before the injury

Working with your notes immediately after class

to

Read Fill in details Explore relationships in the material