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Discover strategies to optimize your memory



With the phenomenal advancement of technology, while it is true that information is more accessible through the internet, it must be emphasized that misconceptions in various fields have not evaporated with this accessibility. For example, in the field of cognitive psychology (learning), most people believe that memory deteriorates as we age, which is wrong. A teenager does not necessarily have better cardiovascular health than a 30-year-old man if the latter is a professional athlete; likewise, a teenager does not have a better memory than an adult person who exercises it. Thus, memory can improve with age only if a set of actions is performed to keep memory in an optimal functioning level

LIGHT THOUGHT

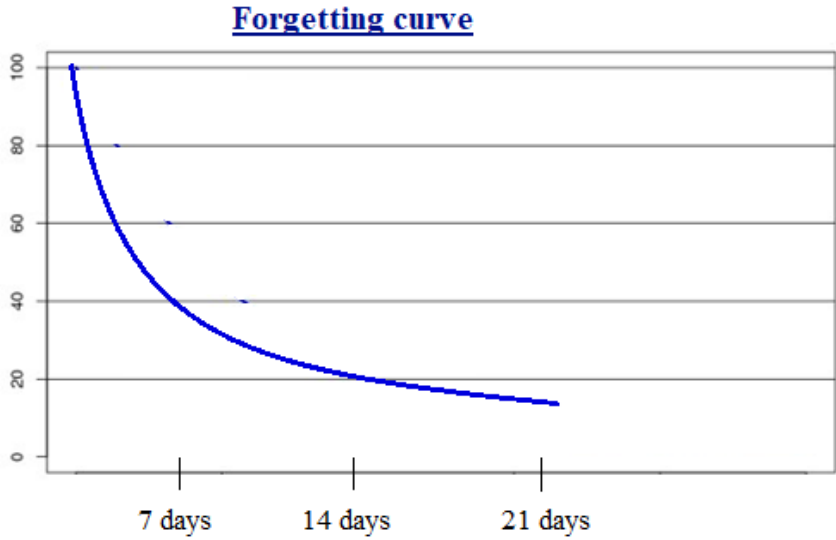
Memory can improve with age only if a set of actions are performed to keep memory in an optimal functioning level.

First, let us mention that every individual has 2 types of memory: long-term and short-term memory. Long-term memory is permanent and is made up of good childhood memories or well-learned topics whereas short term memory is limited and corresponds to any new information that has just been learned.

A study conducted by Herman Ebbinghaus, German psychologist highly recognized for his work on memory revealed the following data:

Time after newly learned knowledge	% Information forgotten	% Information retained
1 day	46 %	54%
7 days	65%	35%
14 days	79%	21%
21 days	81%	19%
28 days	82%	18%

The information forgotten by an individual can be represented as an exponential curve where most of the forgotten material is realized after a day.



APPLIED STRATEGY

Here are 3 strategies taken from a list that can be found in the Light Guide 2. They will allow you to optimize the functioning of your memory and can be applied by students as well as professionals and leaders in their respective fields; however, examples relating to school fields will be used mainly.

A-Optimizing memory in class or at your workplace

1. Focus

Focus derives from a Latin word meaning home or meeting point. Indeed, in optics, the light is focused or concentrated at a meeting point through mirrors or lenses to obtain a sharp image. Similarly, in the school field, focusing on a topic, a concept, is aimed at learning.

If, for example, there is no focus or concentration on an instruction given in a math lesson then there can be no learning or understanding and therefore the ability to memorize becomes very minimal.

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2. Understanding

Which of the 2 sentences below is easier to remember?

1. **1st2 6 2i nns 9dT**
2. **The sun is a star**

Obviously, it's the second sentence. The 2 sentences are identical from a grammatical point of view but from a mathematical point of view, the first sentence differs by a reflection with respect to the vertical axis which makes it more difficult to understand and thus minimizes the capacity of memorization. The information received must therefore make sense to be memorized.

LIGHT THOUGHT

The information received must make sense to be memorized.

In the words of Dr. Edward Bolles: "We remember what we understand."

There is indeed a very strong correlation between comprehension and memorization. **An understood concept is much easier to remember.**

3) THINK (think about the easiest way to remember)

Once the understanding of a subject or a notion has been acquired, a major stage of memorization has been reached. However, the memory formed in a day will not last a lifetime; you must **think strategically** about keeping it. I repeat: you must be intentional and think strategically to preserve in memory what you have learned and understood.

For example, in the case of numbers, think about the easiest way to group them.

Thus, the telephone number 237.24.11 is easier to remember in two numbers that is 237 and the number 2411 than if the digits are memorized individually 2,3,7,2,4,1,1.

LMS Consultant Team



About

The mission of the LMS Centre is to help students excel or surpass themselves in math and science through continuous improvement. Provincial and national recognition of the expertise of its team has made it the leader in [tutoring services](#) and the Reference in [learning strategies](#)!

[References](#)

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