

Lesson Plan

NEUROHEADWAY

Neuroscience Into Education

VANTAGE EDUCATION

Developing Lives. Accelerating Potential

Memory Retention

Memory Retention - Introduction

- Memory retention is when a person can recall or retain experiences based on the mental process of recognition or retention of information.



Memory Retention - Introduction

- Exercising your memory reduces the risk of developing certain conditions long term that may affect memory, such as diabetes, stroke, or high blood pressure.



Memory Retention - Introduction

There are things you can do to effectively improve memory, enhance recall, and increase retention of information, such as:

Focus Your Attention

Set aside a short period of time to be alone.

Avoid Cramming

Structure and Organise

Use Mnemonic Devices

Elaborate and Rehearse

Visualise Concepts

Relate New Information to Things You Already Know

Read Out Loud

Vary Your Study Routine

Get Some Sleep!

ACTIVITY ONE - Visualising

- Visualising – read a passage then draw a picture to help you remember the contents



ACTIVITY TWO - Mnemonics

- MNEMONICS - Come up with a rhyme, song, or joke to help remember a specific piece of information.



ACTIVITY THREE – Reading Out Loud

- Reading out loud – read a passage out loud then explain to someone what it says.



PLENARY

- What are the benefits of practicing Memory Retention?
- What can happen if we don't?
- Which of the ideas you have used today would work best for you?

