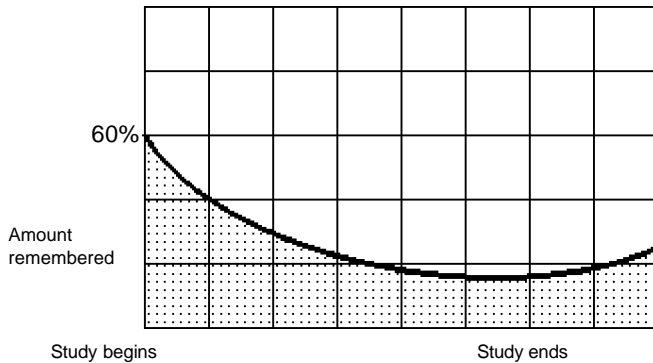


MEMORY AND CASSETTE-ASSISTED LEARNING

Students complain that they have bad memories. More often than not, what they have are bad habits. For efficient language study it is essential to review and repeat.

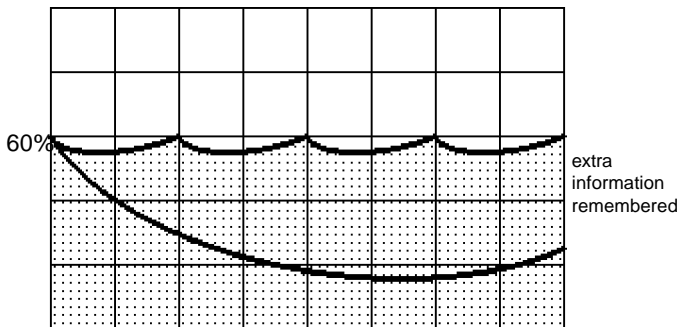
1. Review during a period of intensive study

If you study continuously for one hour, your memory performance is as shown in the first graph:



Graph A
The Trough Effect in Uninterrupted Study

You find there is a loss of information from the middle of the continuous study period. You want to reduce this trough effect. The way to do so is to break, rest and review at frequent intervals. The second graph shows the extra material remembered as a result of frequent review.



Graph B
Improved performance by reviewing

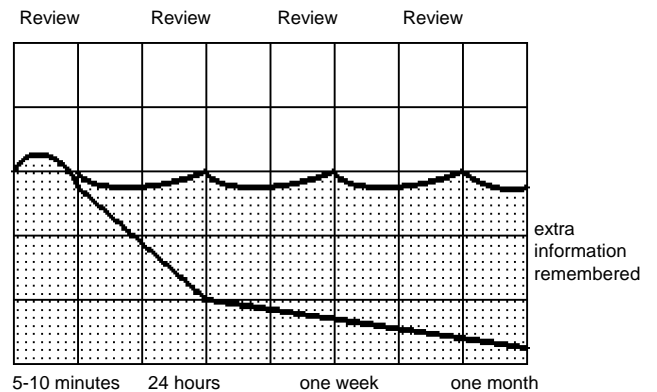
2. Review at intervals after study

In the 24 hours after you finish studying, you forget up to 80 per cent of the information you originally remembered (Graph C).



Graph C:
Memory, Natural Wastage after 24 Hours

To avoid this huge loss, you should always review a few minutes after you stop studying, when your memory peaks. By spending just a moment after a learning period, re-thinking, you can save a lot of the 80 per cent memory loss. You also need to review at later times. A typical programme is: 1. a few minutes after studying; 2. 24 hours later; 3. a week later; 4. a month later; 5. three months later



Graph D
Reviewing at Intervals to Maintain Language in Your Long-Term Memory

Remember. 1. Listen to your cassettes for short periods of time only. Then think over what you have heard. 2. Use your cassettes to review at spaced intervals.