

MEMORY AND THE SCIENCE OF LEARNING

In recent years, there has been lots of research around the science of learning and how we learn and retain information. This has led researchers to outline five key principles; these are:

1. We have a certain amount of **ATTENTION** we can pay. This can be limited/vary depending on the individual or the environment. Attention is another way of saying 'new information'.
2. **WORKING MEMORY** is where we think and process this new information, but we can only absorb a limited amount at a time. If we try to take on too much information, it gets crowded!
3. When we are **LEARNING**, information is processed into our **LONG-TERM MEMORY**. Our long-term memory is effectively unlimited and when we **REMEMBER** something, we are retrieving it from here. More simply, **LEARNING IS A CHANGE IN YOUR LONG-TERM MEMORY**.
4. Information in our long-term memory is interconnected and linked to other information. If it isn't connected or not 'stored' well enough, it is **FORGOTTEN**.
5. Retrieval practice helps us to remember the information in our long-term memory, increasing the fluency – essentially, **PRACTICE MAKES PERFECT!**

The diagram below shows how all of this links together.

