

The day after

Nico, I couldn't remember anything during the test. The teacher said I have to do a retake.

Ok Maya, maybe you were too anxious?

Imagine your memory as a library. Knowledge enters your memory with these three main steps: 1) Encoding: when you get a piece of information for the first time, you create a code that will store it.

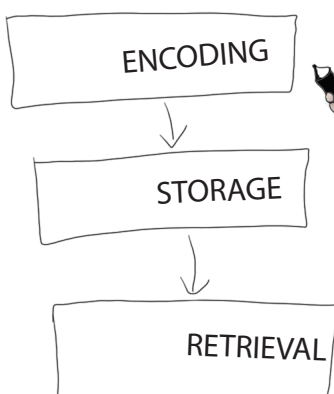
yes, and the knowledge is in that book. 2) Storage: you store the code.

perfect. 3) Retrieval: when you need the information, for example: during your test, you will need to access or retrieve the memory by finding a way to reactivate the code.

like a little label to identify a book at the library?

I put the book on a shelf

if I want to borrow the book to read it, I need to find it with the code



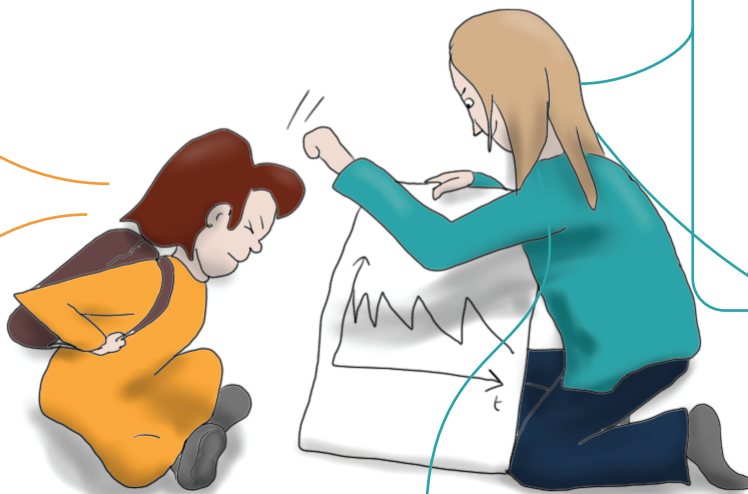
The better you encode and store the information, the better and easier you should be able to retrieve it. That's why you need to do a good job here at the encoding/storing stages, and to test yourself for the retrieval stage. If you do fine when you practice retrieving the information, you should be fine during the test in the classroom.



A lot of things can affect memory. We saw that emotions can help or distract memory. Anxiety and fear are two of our strongest emotions and they can distract us.

But look, it's a good thing that your teacher asked you to do the retake; now you have a chance to make the knowledge stronger so that it will last longer.

That means studying again! That sounds boring!



That depends on how you study, right? The good news is, since you took the test recently, the material is still fresh. The book is off the shelf, in your hands, so you can make sure to put a better label on it. So, now is actually a great time to study, while you still remember the information you need to learn, and the mistakes you made are fresh in your mind – you will be able to remember better.

Remember, studying the same information multiple times is not a punishment. In fact, everyone should do it. It is always best to repeat the learning of any information multiple times. Information is lost if you do not use/review it. Even very well encoded knowledge will fade with time. So, you need to study it again. However, each time it will be easier and the knowledge will fade less quickly, so there is a higher chance that you will still remember the information the next time you re-use or continue to learn about that type of information.

Ok, let's play the game again.

No, how about we do a different game? ...