Memory & Review
Academic Resource Center  919.684.5917

We forget about 50% of new material within 24 hours. The figure below illustrates how quickly we forget the majority of new material encountered. What follows are techniques for increasing memory retention.

The Forgetting Curve:

![The Forgetting Curve Graph](image)

Information retained as a percentage of the amount learned

Time in days

Basic Principals of Review:

Immediate Review
- Rework your notes—adding material that comes to mind. (Reworking is not recopying; to learn how to take and rework notes for efficient learning, make an appointment with an Learning Specialist)
- Organize class and reading notes using asterisks, arrows, additional comments, etc.
- Integrate new material with what you already know.

Intermediate Review
- Review recent notes for each subject at least twice per week (15-20 minutes per review session).
- Review all notes relevant to the next major assignment or test once a week; determine how new material relates to previously covered topics.
Final Review

- Start early (at least one week prior to an exam).
- Assemble all study materials: textbooks, articles, lecture notes, reading notes, handouts, previous assignments, graded tests, practice tests/review sheets, any study aids made earlier in the term.
- Practice applying knowledge: try to predict test questions and then answer them. Practice what you will be asked to demonstrate on the test: create essay outlines, write essays, and work problems.
- Take timed practice tests.
- Stick to a regular schedule. Avoid excess caffeine/other stimulants. A stressed body leads to a stressed mind.
- Being prepared is the best way to prevent test-related anxiety. If anxiety persists, seek additional resources: CAPS, advisor, professor, or the ARC.