



WHY WE FORGET

FINDING IT HARD TO RETRIEVE COURSE MATERIAL? PERHAPS ONE, OR MORE, OF THE CAUSES BELOW IS TO BLAME.



retrieval practice

INTERFERENCE

Sometimes, recently learned material interferes with recollection of previously learned material. To prevent this, strengthen those neural connections by reviewing material often, even after learning new material.

MENTAL OVERCROWDING

The brain is not able to process multiple forms of input at once. Avoid watching videos, texting, and excess noise while in lecture/studying.



NOT ALLOWING TIME TO PROCESS INFO

Leaving class and immediately hopping on Snapchat? Newly encoded information is fragile. Give your mind a few minutes to think freely about what you've just learned.

UNDER-LEARNING

Most common reason for forgetting. Be cautious about falling victim to the "illusion of knowing".



WHICH OF THESE CAUSES FOR FORGETTING
DO YOU STRUGGLE WITH THE MOST?