



## LP: Short and Long term memory

You are going to learn how to use your memory.

70% of what you learn in a day is gone within 24 hours unless you intend to remember and practise it.

**Immediate/Short Memory** -information held for a few seconds This can hold about 7 items at a time. If information is not rehearsed, it will be forgotten in 30 seconds.

**Long Term Memory**-This is the storage system which holds millions of pieces of data.

includes a **visual memory** (what you see)

an **auditory memory** (what you hear)

and a **motor memory** (for what you do)



## Testing the memory types.

- What was the last word on the previous slide?
- What was the last word that you wrote in your book, (without looking!)
- What was the last sound that you heard before you left the house this morning?
- What colour is your front door?
- What does your mother look like?
- What is your favourite song at the moment and how does it go?
- How do you brush your teeth? Mime the process.

## The visual test...

You have 45 seconds to study the following images, you will then have a further 45 seconds to write down as many as you can remember. Good luck!.....

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## How many did you get right?

- Armchair
  - Watermelon
  - Sunshine
  - Heart
  - Church
  - Dog in kennel
  - Theatre masks
  - Kettle
  - Football boot
  - Baby's bottle
  - Butterfly Telephone
  - Question mark
  - Guitar
  - Moon & stars
  - Swan
  - Scissors
  - Table
  - Dinosaur
  - Pencil
  - Flower
  - Cheese
  - Dice
  - Lion
  - Scales
  - Stapler
  - Frog
  - Bananas
- What could you do to improve how you remember things?



## Some ways of remembering...

- Link items together to form a story. The more bizarre the story, the better chance you have of remembering it!
- For example, “Once upon a time there was a SWAN who lived in a CHURCH and ate nothing but BANANAS and CHEESE. He liked to play a PINK GUITAR to his friend THE LION who lived on the MOON.



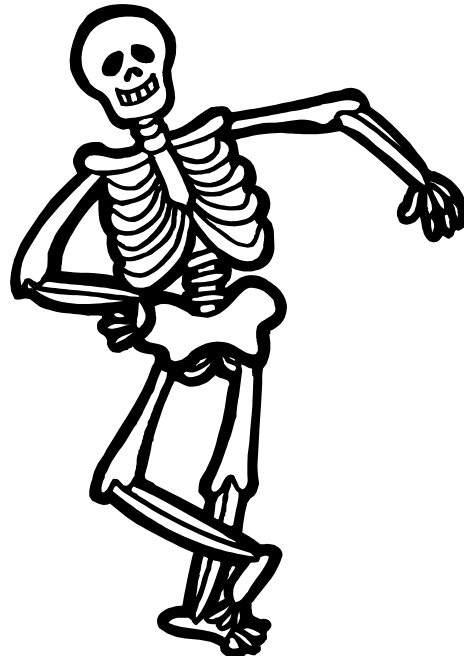
## Some ways of remembering...

- If you are a kinaesthetic learner you could remember items as a journey. E.g. I left B block and met a LION who was eating a BANANA. When I got to A block there was a PINK GUITAR hanging in the doorway. I sped past the BIG GREEN ARMCHAIR and climbed the stairs to A12, nearly hitting the SUN and MOON.



## Some ways of remembering...

- Imagine that you are holding items/information all over your body.







# To sum up and **REALLY** test your memory...

- How many different types of memory are there?
- Can you name them?
- How many different ways of remembering can you remember?