

Memorization

Objective: By the end of this lesson, learners will be able to:

- 1- understand the process of memorization.
- 2- improve their memorization skill using specific strategies.

Memory is an ongoing process of information retention over time. It is an integral part of human cognition, since it allows individuals to recall and draw upon past events to frame their understanding of and behaviour within the present. Three main processes characterize how memory works: encoding, storage, and retrieval (or recall).

- 1- **Encoding.** Information is learned (taken in, understood, and altered to better support storage) through this process. There are four types of encoding: visual, acoustic, semantic and tactile.
- 2- **Storage.** It refers to where the information is stored, how long the memory lasts for (duration), how much can be stored at any time (capacity) and what kind of information is held.
- 3- **Retrieval.** It is the process through which individuals access stored information. It is subject to error. It depends on the time that passes after the learning experience and how strong a person's memory is.

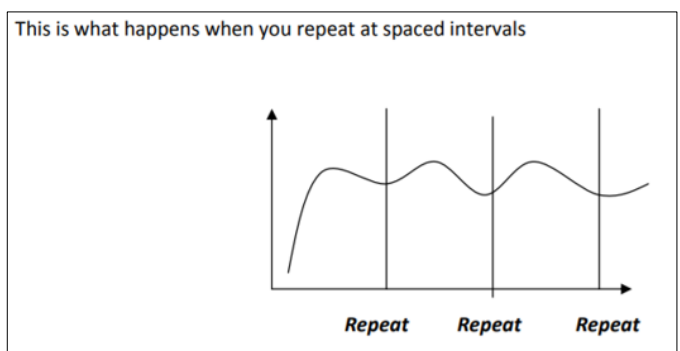
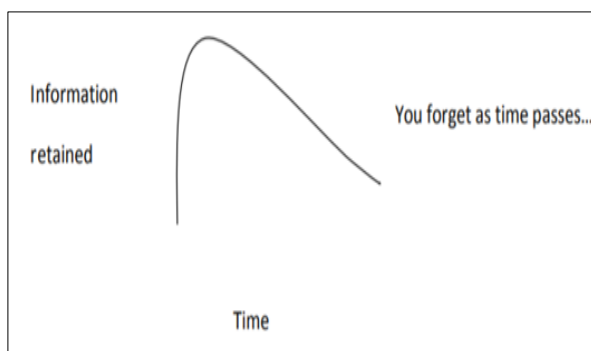
Memorization is the mental process of committing information to memory for later recall. It is a skill that needs to be trained. The less we try to actively memorize information, the lazier the brain gets, following the rule 'use it or lose it'.

Memorization in Education

Memorized materials could be used in classroom/ exam activities that require unconscious recall of previous information and do not need much of active analysis. Some activities require from students to provide solutions to problems using critical thinking and/or creativity. Such activities also need a lot of memorized knowledge and automatic judgements to be performed accurately and quickly. Therefore, memorization is an essential part in all forms of classroom/exam activities.

Strategies to Improve memorization

- 1- **Use state dependent memory.** Being in the same state when you first learned the information (surroundings as well as mental and physical state), enables you to better remember it.
- 2- **Schematize.** Individuals process information in mental frameworks. Students need to organize new information, in order to store them and retain them easily. Moving from general to specific information, chunking, mnemonics and mind maps are good examples of organizing information to facilitate its memorization.
- 3- **Assign meaningfulness.** Encoding is deepest when you assign meaning to new information. Relate the information to what you already know. The more logical connections you can make to the new information, the stronger the memory.
- 4- **Practise and repeat.** The key to remembering is repeating frequently and at spaced intervals.



- 5- **Activate the five senses.** using as many of the five senses as possible when studying helps you use more parts of your brain and retain information better. For example, you can create colour-coded flashcards, use highlights, use rhymes and rhythms, write information out...etc. depending on your learning style.
- 6- **Recite aloud.** Reciting information out loud in your own words until you don't need to refer to your notes can be helpful for certain students.
- 7- **Teach someone else.** Teaching the information to someone else (a classmate, a friend or a family member) is one of the best ways to learn.
- 8- **Practice questions.** Whether they're already in your textbook or you have to make them up yourself, try to do as many as possible. Rather than just reciting information, questions help you apply your knowledge, ensuring you actually understand the information.

- 9- **Sleep on it.** Studies show that your brain processes and stores information while you sleep. Try to review information just before you go to sleep—even if it's only for a few minutes—and see if it helps embed the information in your memory.

Task 3: Which of the previously mentioned strategies (1-9) do you use to memorize your lessons? Which would you like to try? Why?

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