



Parental Handouts for Secondary 3 Study Skills Workshop 2018

1. Understanding Memory

Memory is part and parcel of our everyday lives, having a good grasp on how memory works empowers students to utilise them in their everyday activities.

To understand the workings of memory, students first learn about the factors affecting human memory:

- We are much better at remembering things that are:
 - Catchy
 - Novel
 - Descriptive & Visual
- We are much better at remembering things that make sense and have a recognisable order or pattern.
- The ideal size for memorization is 3-4 units.

2. Memory Techniques

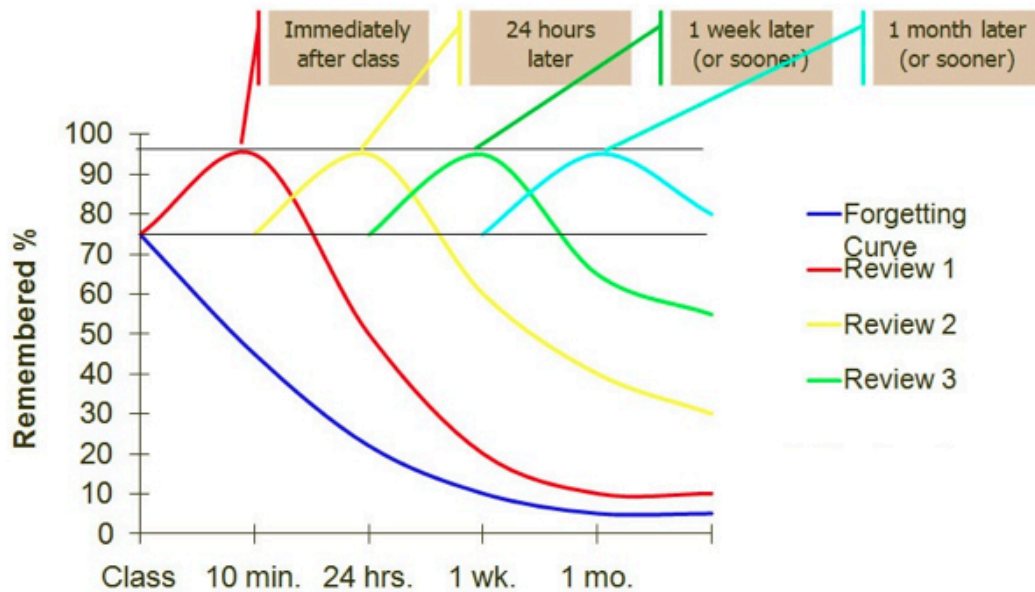
The objective of the workshop is to equip students with memory techniques that aid individuals to absorb and retain information effectively and efficiently.

- **Chunking:**
 - Student will get to use organizational skills to sort out information in meaningful ways.
 - Chunking information to recognisable patterns eases learning.
- **Story Method:**
 - Useful when content has no recognisable patterns.
 - Students will use vivid imagination to make sense of difficult-to-remember content.
- **Multiple Interpretation Approach:**
 - Exposure of similar content through different mediums (e.g. videos, textbooks e.t.c.) helps to cement learning.
- **Mnemonic Devices:**
 - This method is highly used in Singapore when it comes to naming governmental agencies, projects and learning materials.
 - Students are taught to form their own acronyms in their own revisions.



3. Revise with the Ebbinghaus Forgetting Curve in mind

Students get to understand that constant review and revision is the key to storing knowledge in their Long-Term-Memory (LTM). Students are advised to follow through with their revisions to internalize their learning!



Suggested Follow-Up Actions for Parents:

1. Encourage your child/ward to review their learning according to the review method.
2. Assist them by creating a conducive environment for them to study in, such as:
 - a. Good lighting in a quiet study area
 - b. Avoid communicating when they are revising
 - c. Turn down the television volume when necessary
3. Each review session should be at least 45 minutes.
4. Encourage them to share the Memory Techniques that they have learnt, sharing one's learning helps to cement their understanding of the Memory Techniques.