

Memory





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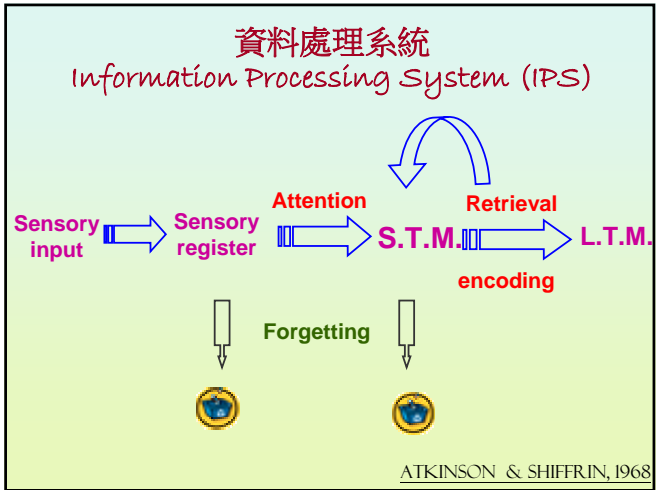
- ## Forgetting - formation and solutions
1. Motivated forgetting (選擇性失憶)
 - Repression of unpleasant events
 2. Decay (消失理論)
 - forgetting occurs as the memory trace fades over time
 3. Interference (干擾理論)
 - proactive vs. retroactive interference
 - similarity interference
 - emotional state interference
 4. Insufficient Retrieval Cues (線索依賴理論)

The more something is repeated,
the more likely it will be remembered
不斷重複，便成記憶

conc. + organization

S.T.M. → L.T.M.

repetitions 7 times ↑ + revision at variable interval



Memorization by mere repetition

S.T.M. → L.T.M.

H D W M S H Y

時 日 週 月 季 半 一
年 年

Memorization by systematic encoding

S.T.M. → L.T.M.

D W M

日 週 月

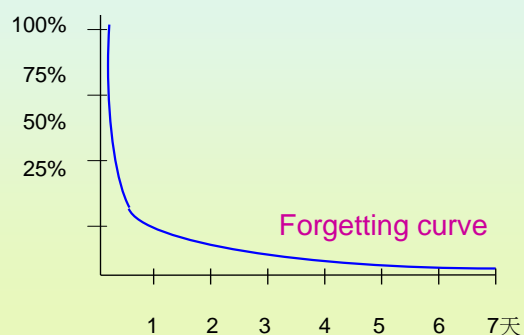
Question

According to Ebbinghaus' Theory of Forgetting, how many percentage of information will be lost after 24 hours of learning?

- a. 40 % b. 60 % c. 80 %

Forgetting Speed

Level of retention



Forgetting Speed

4 hours ~ 50%

9 hours ~ 70%

24 hours ~ 80%

How to stop forgetting things?

1. **Repetition**
 - after 1hr, 1 day, 1 week, 1 month, 3 months...
2. **Encoding**
 - visual, audio, kinetic, semantic...
3. **Mnemonic skills**
 - numeric peg, alphabet peg, body peg, word peg, image peg, location peg...
 - classifying, chunking, linking, story linking, rhyming, acoustic method...
4. **Effective study skills**
 - SQ3R, mind mapping, NLP...

代碼

地點

部位

影像

諧音

串連

超強記憶法

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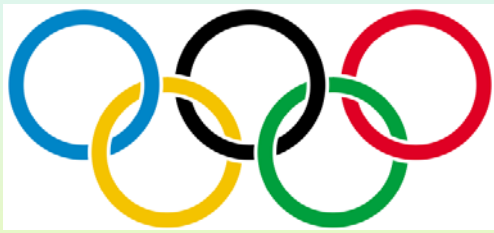
What is memorization ?

Memorization = Association

New items ⇔ Familiarized items

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Colour of Olympic Rings



有個男人好黑心，專吸人血；
原來他是個黃綠醫生。

Essence of memorization

creating cues + forming links

印度 新德里
↓ ↓
(印度人) ↔ (伸條脷)

印度 - 新德里



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越南 + 河內

↓ ↓
(越南檬粉) ↔ (河裏面)

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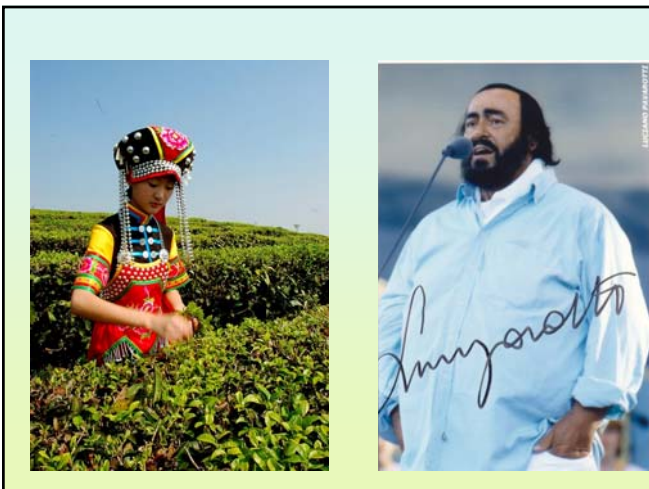
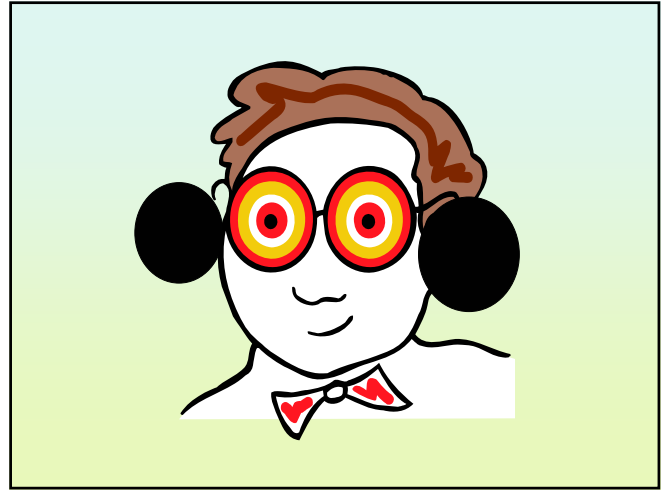
越南檬粉 - 河內



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1. 大霧山高度	957米
2. 淝水之戰	383年
3. 「魯」是中國哪一個省的簡稱？	山東
4. 誰是中國古建築學科的開拓者？	梁思成
5. 歌劇《茶花女》誰的作品？	威爾第

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Remembering Vocabulary

1. Key-word method: mantis, pigment
2. Rhyme method: beguile, fluke
3. Sounds-alike method: drain, bride, groom
4. Substitution method: Bruise, bounce

Mantis

螳螂



生字

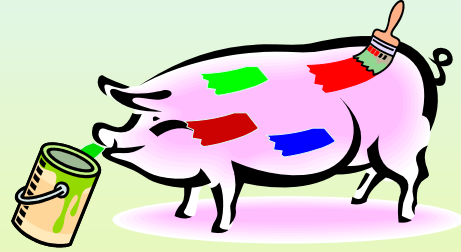
意思

提示字

Pigment

色素; 顏料

Pig



Beguile

欺騙



Fluke

僥幸



Drain

排出, 去水



Bride

新娘



Groom

新郎



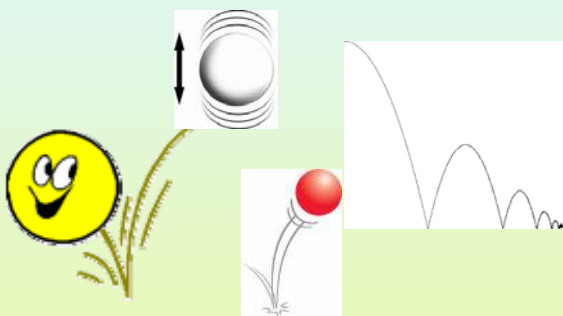
Bruise 傷痕, 瘀傷

Bruce Lee 滿身 瘀傷



Bounce

跳躍, 反彈



Remembering Chinese words

日 月 日 月
日 月 日 月
日 月 日 月
日 月 日 月



1. 飯 (龜) → 餵白飯給隻龜吃
2. 燐 (葉) → 火花彈落在樹葉上
3. 昀 (雲) → 陳日君暈倒了
4. 巽 (信) → 選一個信封
5. 瀛 (螢) → 水 + 亡 + 口 + 月 + 女 + 凡
6. 喝水 / 口渴 → 口 + 水
7. 栗子 / 粟米
8. 蛋卷 / 獎券

Remembering Japanese

	あ段	い段	う段	え段	お段
ア行	ア a	イ i	ウ u	エ e	オ o
カ行 k-	カ ka	キ ki	ク ku	ケ ke	コ ko

如何快速記憶大量零碎資料

形像化 + 連結
visualization and Association



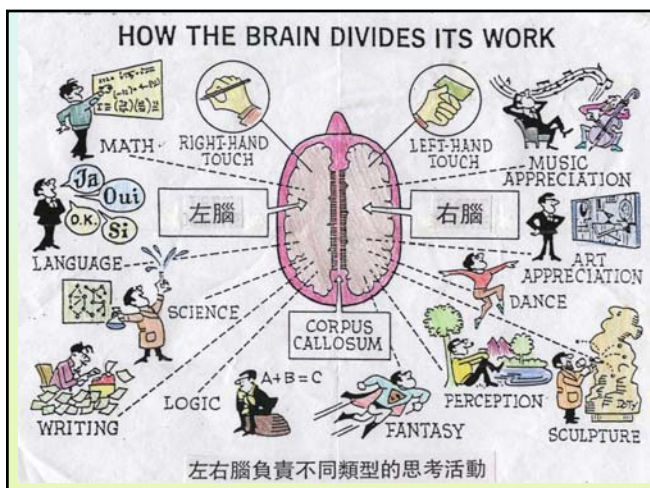
- | | | |
|--------------|-------------|----------------|
| 1. Wash | 11. Polecat | 16. Salamander |
| 2. Apple | 12. Tail | 17. Paper |
| 3. Jet | 13. Film | 18. Microphone |
| 4. Mad | 14. Pier | 19. Cork |
| 5. Actress | 15. Bucket | 20. Piano |
| 6. Marmalade | 16. Chain | 21. Dog |
| 7. Jack | 17. Bottle | 22. Captain |
| 8. Van | 18. Sand | 23. Tennis |
| 9. Clock | 19. Egg | 24. Kennel |
| 10. Tile | 20. Window | 25. tomato |

Remembering faces and names

#1 Pay Attention--Get the Name

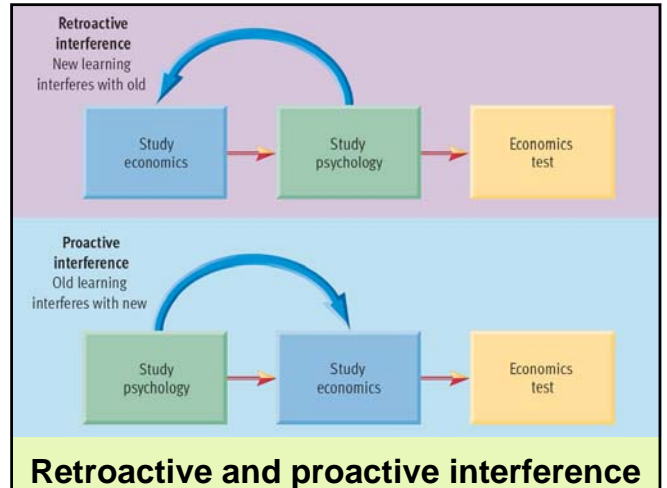
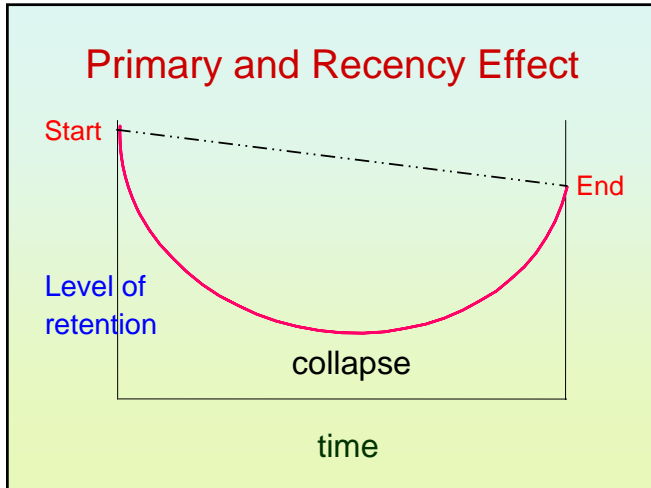
#2 Notice Facial Features--Get the Face
- make it visual and make it unusual

#3 Keywording--Store the two Items Together



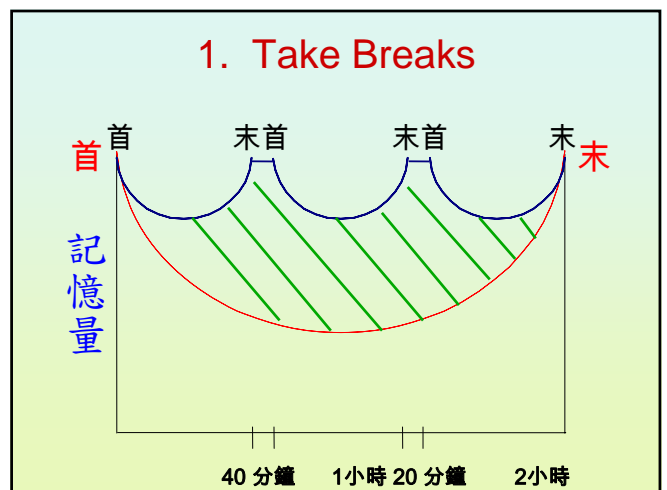
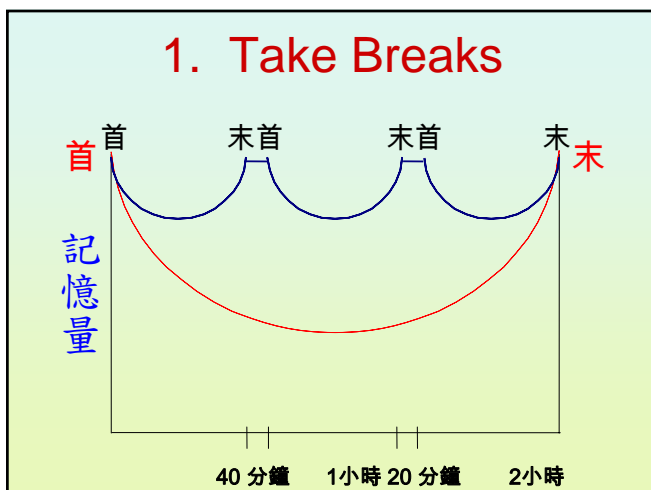
Interference exercise

Try to remember the
seven groups of numbers
in the next slide in 40 seconds



- ### Reasons for Interference
1. Pro- & retroactive interference
 2. Similarity interference
e.g. Account, business
Phonetics of English and Putonghua

- ### Minimize interference
1. Take breaks
 2. Shuffle the order of the revision contents
 3. Set apart similar study contents
 4. Relax yourself before commencing study.

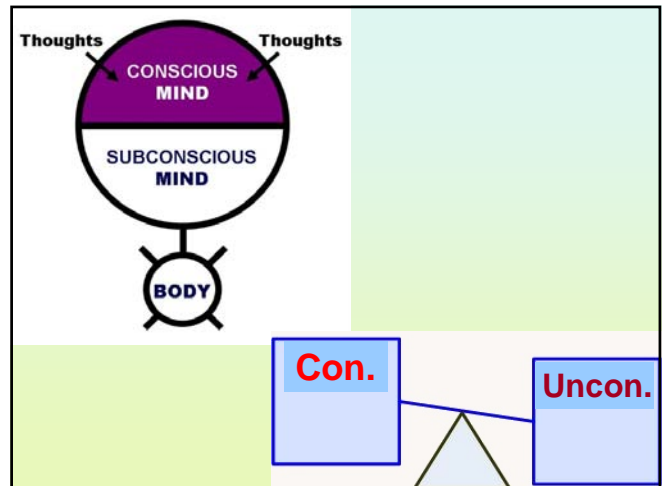
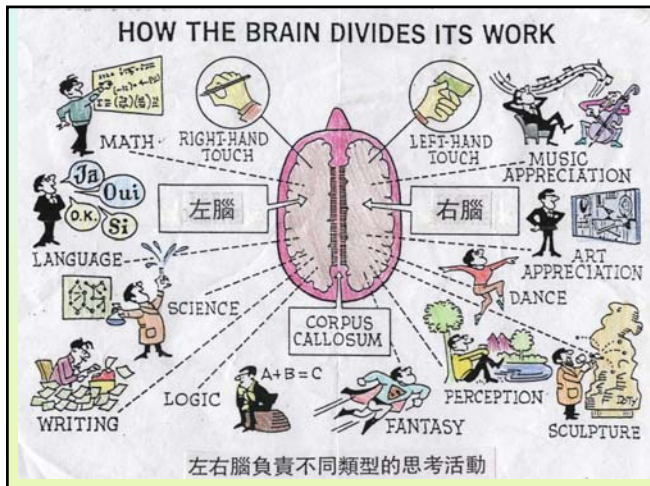


2. Set apart similar study contents

- a. Chinese, Japanese, Economics, Account
- b. Chinese, Economics, Account, Japanese
- c. Chinese, Economics, Japanese, Account

3. Shuffle the order of revision contents

- | | | | |
|---|-----------------|----------------|---|
| 2 | New Territories | Good View | 1 |
| | Burned | Building | |
| | Different | Public Toilets | |
| | Government | Cinema | |
| | Centre | Recycle | |
| | Invited | Dental | |
| | Dentist | Recycling Bins | |



Examination Strategy

