

# Why we do what we do

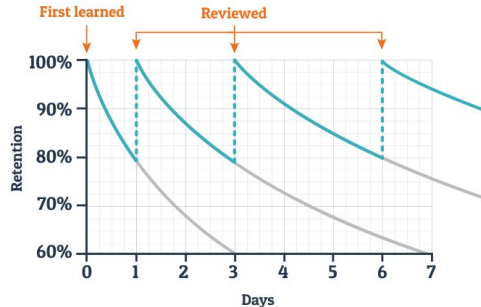
# STARTER FOR 10

## THE SCIENCE:

### **Ebbinghaus Forgetting curve:**

- Newly learned information is retained in our brain for only a very short period of time.
- Frequently reviewing newly learned information helps the brain to retain that information for much longer:

Typical Forgetting Curve for Newly Learned Information



### **Working memory vs Long-term memory:**

- New information enters our **working memory** to be used and processed. However, our working memory store is quite small.
- Our **long-term memory** is limitless - this is where we store new information. When we need to use this information, we transfer it back to our working memory.
- Unless we **regularly practice retrieving** this information, it can be difficult to recall back to our working memory.

## THEREFORE :

The **low stakes quizzes** that we do at the start of every lesson allows us to frequently review, and practice retrieving, all the information we have learnt. This makes it easier to recall when we need to use it.

Our ability to recall information is made even stronger when we practice retrieving this information after a longer period of time (this is called **Spaced Practice**) and mixed with other information that we have separately learned (this is called **Interleaved Practice**).

The quizzes are **low stakes** because your brain is more efficient when you are less anxious, and you are more likely to 'give it a go' and take risks (even guessing helps so long as you are thinking hard!)