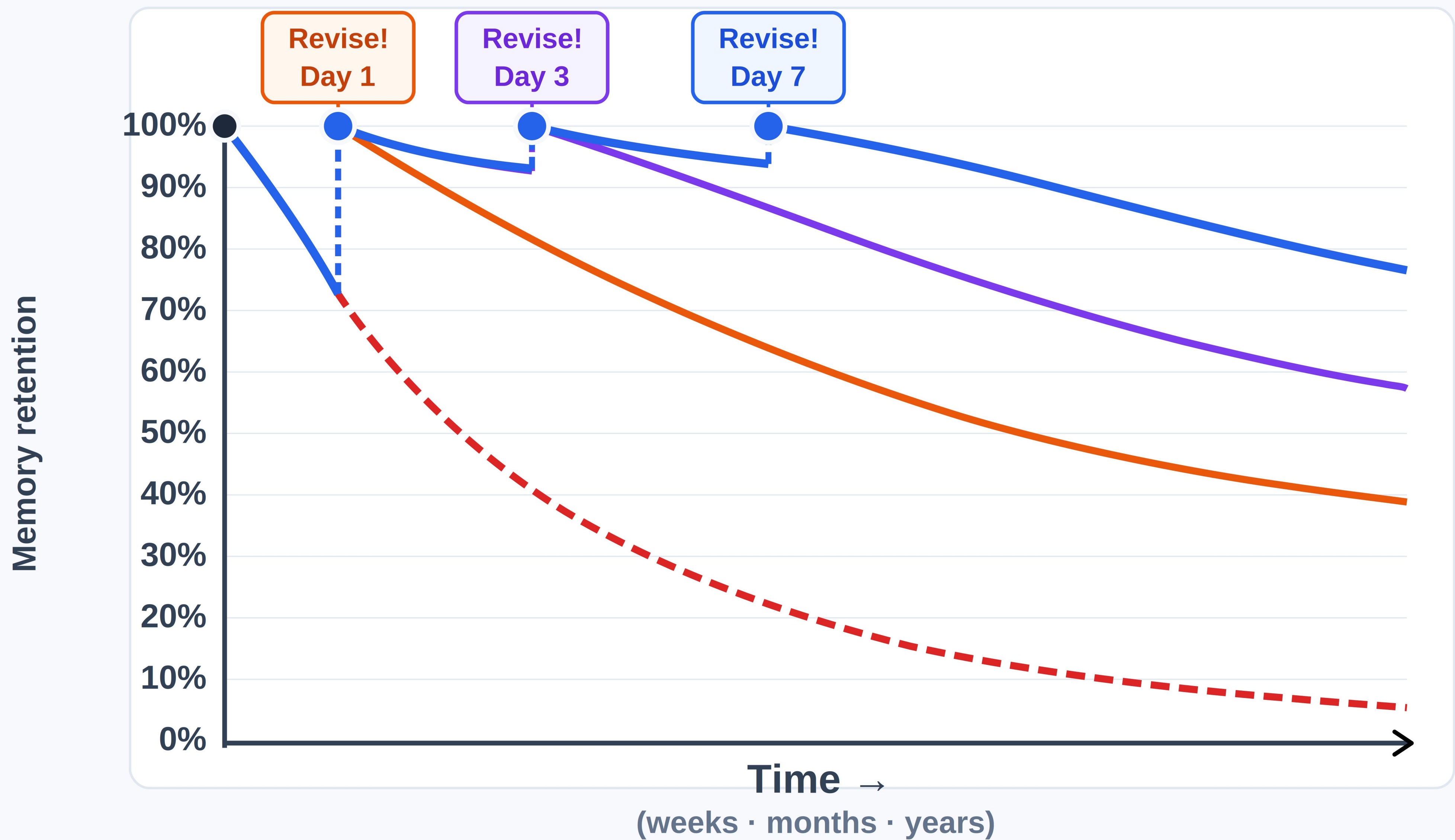


The Forgetting Curve

Without revision, we forget up to 70% of new information within 24 hours. But spaced revision resets the curve — and makes memory last much longer.



THE SCIENCE

70%
forgotten within
24 hours
without revision

3×
spaced sessions
to lock it in
early · then spaced out

80%
retention possible
over the long term
with 3 spaced revisions

HOW TO BEAT THE CURVE

1 Study it
Learn the material
fully for the
first time
→ Day 0

2 Review it
Recall key ideas
without looking
at your notes
→ Days 1 and 3

3 Lock it in
One final retrieval
session cements
long-term memory
→ Day 7

BEST REVISION METHODS

Flashcards

Practice questions

Mind mapping

Teach someone else

Blurting

Self-quizzing

Past papers

"The struggle to recall is what strengthens the memory."

Presentation Secondary School · Study Skills