

PRINCIPLE OF LEARNING AND REMEMBERING

What are the principles of remembering?

1) Process material actively 2) Practice retrieval 3) Use distributed practice 4) Use metamemory.

WHAT IS REMEMBERING AND LEARNING

Learning and memory are closely related concepts. Learning is the acquisition of skill or knowledge, while memory is the expression of what you've acquired. Another difference is the speed with which the two things happen.

DOES LEARNING HELP IN REMEMBERING?

Research shows that learning and memory exist together in the three stages: encoding, storage, and retrieval.



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Published 6th September, 2023.

Last updated 6th September, 2023.

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