

### Meaning

\* The methods and approaches that can improve our capacity to learn and recall information are referred to as the learning and remembering principle.

\* Repetition, establishing connections, and actively interacting with the content are some of the techniques involved.

\* Our ability to learn and remember things can be enhanced by using these concepts.

### Examples

**REPETITION :**  
reading your notes or reviewing flashcards several times will help you remember the material.

**CHUNKING :**  
dividing up extensive information into easy to digest, smaller-scale units to facilitate memory.

**ELABORATION :**  
relating new knowledge to previous understanding or personal experiences to improve understanding and retention.

**SPACED REPETITION :**  
dividing up study sessions over time and leaving regular gaps between them to improve long-term memory.

### How To Use

\* Try including repetition in your study schedule to put the idea of learning and remembering to use.

\* Whether using flashcards, tests, or summarising the main ideas, go over and practise the topic several times.

\* In order to further your understanding, draw links between new information and what you currently know.

### a model for learning process

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