

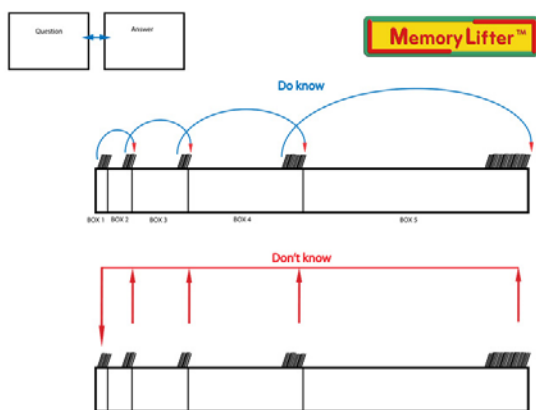
Spaced repetition – MemoryLifter as a practical application

Remember spending hours drinking coffee and cramming over night when preparing for an exam at school or university? Did you also experience that you were able to recall most of the facts during the exam, but after some days nearly everything was gone again? Forgetting is a problem that we all have in common. How can we solve this problem - what is the best and most efficient learning method?

The decision about the best learning method depends on the individual learning type. Nevertheless, some facts about learning are scientifically proven and apply to every learner. The German psychologist Hermann Ebbinghaus (1850-1909) was one of the first to study forgetting processes and to plot a curve that reveals the relationship between forgetting and time.



Based on this and related findings a learning technique called "spaced repetition" was developed in which increasing intervals of time are used between subsequent reviews. This maximizes the time spent studying difficult material and minimizes the time spent reviewing things you already know. According to many renowned scientists this technique has proved to be highly reliable for memorizing facts.



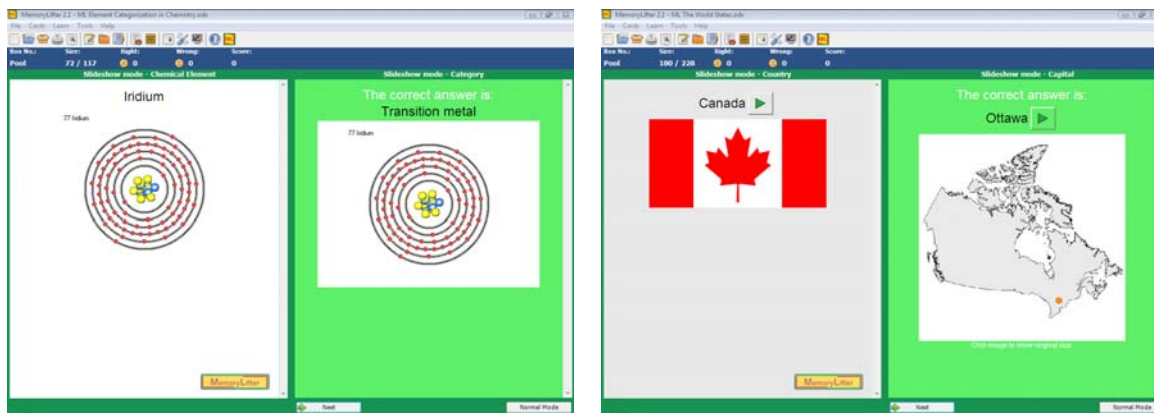
A practical application of this technique has been developed by Sebastian Leitner (1919-1989), a German scientist, who wrote a book on learning and memory, popularizing a new method of studying flashcards. In his study system flashcards are sorted into boxes according to how well they are known. If card content can be recalled the flashcard is promoted to a higher box. Because box sizes increase ascendingly, and a card in a higher box is only retested when the box is filled, increasing time lags in between learning repetitions are created. If at any time card content cannot be recalled the flashcard is demoted to box one again.

This flashcard system can help improve time and memory management. MemoryLifter is a software program for learning based upon scientifically derived techniques - upon the work of Ebbinghaus and Leitner as well as others.

In fields of knowledge in which you have to memorize a lot of facts and formulas it is especially recommended to use automated memory aids. Professor Vernellia Randall from the School of Law, Dayton University, Ohio, highly recommends the use of the MemoryLifter software to her students. "It is the single most effective tool you can use for memorization and you must memorize the rules, terms and standards. While your grade will be mostly based on your analysis, you must know the law to be able to do analysis. Start your memorization process with the first reading assignment and keep it up through out the semester."

MemoryLifter can even take over the task of having to create flashcards before starting to learn, as there are many ready-made Learning Modules available from the MemoryLifter website.

If you want or need to create your own cards, you are supported by the various intelligent features MemoryLifter provides. You can easily integrate different multimedia elements, like images, sounds and videos, which can be very useful.



Two examples of MemoryLifter Learning Modules – "Chemical Elements" and "The World's Capitals"

Our brains get bombarded with information provided by our senses and we are presented with too much to store and encode. The brain has developed sophisticated algorithms for throwing away information. It has developed algorithms for encoding information into Long Term memory if it is important. We can use these methods of moving information from Sensory memory into Working memory and encoding it into Long Term memory for easy recall later. MemoryLifter is designed to lift things into the Long Term memory through controlled repetition and spacing.

Go ahead and have fun learning!