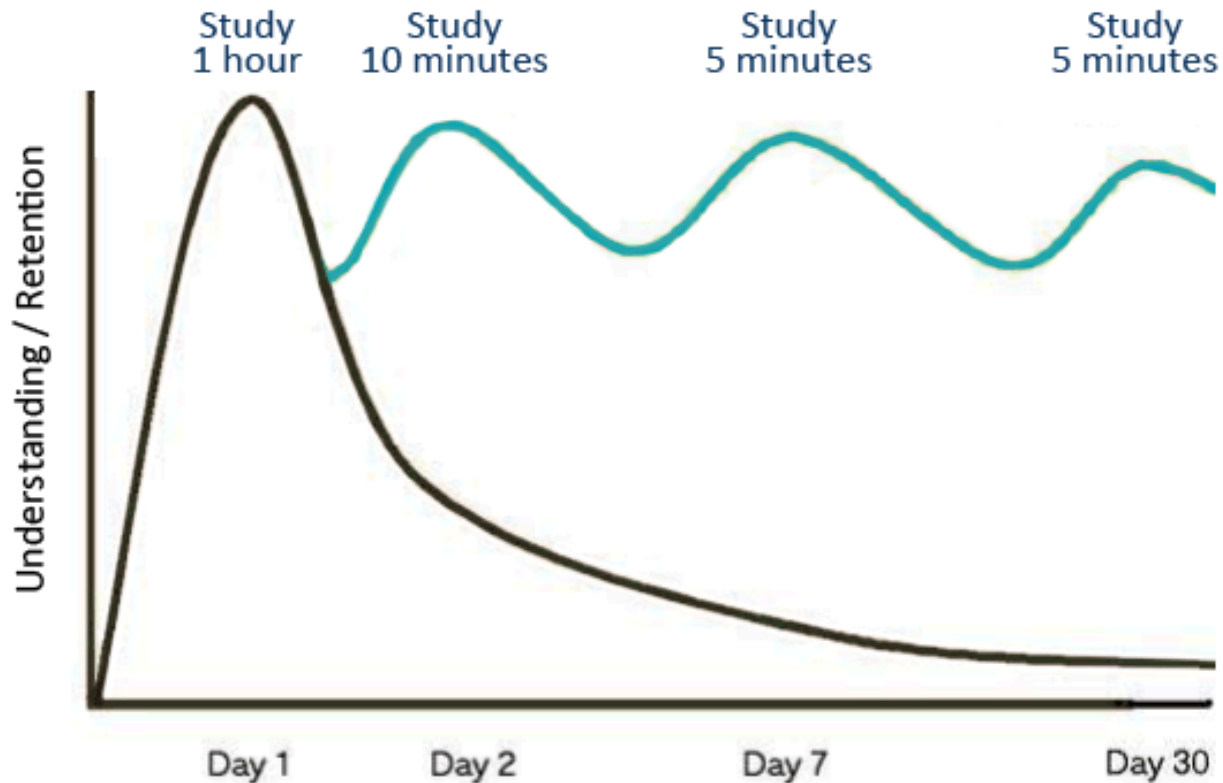


## The Curve of Forgetting



Data from California State University, Bakersfield - "The Curve of Forgetting"

Research shows that our retention of information is higher the more often that information is reviewed.

This graph shows us that when we learn new information, we are likely to forget between 50%-80% within 24 hours. If we do not review that information for 30 days, we have likely forgotten up to 90% of what we learned! This is why cramming before a test is not a good study strategy.

We encourage studying early and studying often. The graph indicates that frequent studying after learning new information helps us to forget less. The more often we study, the less time we need to spend studying!