

## An infographic on the forgetting curve

Read an infographic about memory to practise and improve your reading skills.

### Before reading

Do the preparation task first. Then read the article and do the exercises.

### Preparation task

Match the definitions (a–h) with the vocabulary (1–8).

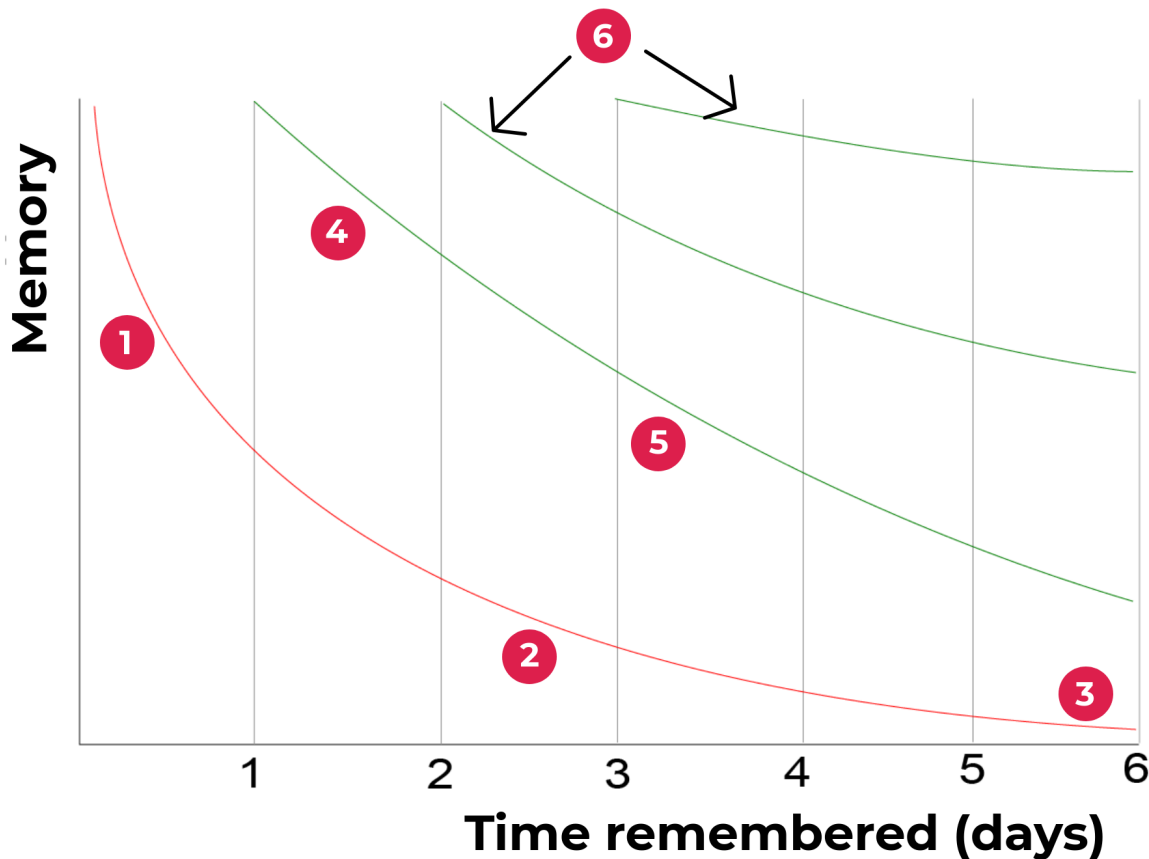
#### Vocabulary

1. ..... a memory
2. ..... a period
3. ..... speed
4. ..... to slow down
5. ..... to revise
6. ..... revision
7. ..... stressed
8. ..... meaningful

#### Definition

- a. how fast something moves or changes
- b. to study again
- c. so worried that you cannot relax
- d. the activity of studying again
- e. something you remember
- f. important to you personally
- g. an amount of time
- h. to become slower

## The forgetting curve



### An infographic on the forgetting curve

In 1885, Hermann Ebbinghaus studied his own memory. He wanted to know how quickly he forgot new information. He gave himself tests after different periods of time to see how much he forgot each time. The result is called The Forgetting Curve.

**[1]** We forget the fastest in the first 24 hours.

**[2]** And then we forget more and more but the speed slows down over time.

**[3]** After about six days, we have forgotten most of the new information.

**[4]** If we revise the information ...

**[5]** ... we make the memory stronger and we slow down the speed of forgetting.

**[6]** If we revise again and again, we can leave longer and longer periods of time between revisions.

Time is not the only thing that makes us forget something. If we are tired or under stress, we forget faster. If the information was difficult to understand we will forget it faster too. But things that are very important or meaningful to us are easier to remember.

## Tasks

### Task 1

Are the sentences true or false?

	<b>Answer</b>	
1. Ebbinghaus studied lots of different people.	True	False
2. We forget the most information in the first day after learning it.	True	False
3. We forget things more slowly after the first day.	True	False
4. We remember nothing after six days.	True	False
5. We remember more when we are feeling stressed.	True	False
6. Important things are easy to forget.	True	False

### Task 2

Complete the sentences.

1. Ebbinghaus used ..... to understand when he forgot things.
2. We ..... faster in the first 24 hours.
3. The ..... of forgetting is slower on the third day than on the first day.
4. The best way to stop forgetting is to ..... the information.
5. Revision makes a ..... stronger.
6. .... information is easier to remember.

### Discussion

What do you do to remember things?