



Study Memory- understanding memory and how to maximise our skills

'Memory is the mother of all wisdom' – Aeschylus

As teachers we expect pupils to remember many facts, ideas and instructions throughout the day. Research has shown us that if we understand how our memory works, we can improve our memory skills significantly.

These sessions will provide fascinating insight into how our memories work - particularly 'working memory' or very short-term memory which we use all the time for remembering directions, phone numbers etc and how we commit information to long term memory and retrieve it later when required. We will explore and try out a range of strategies to improve how we take in, store and retrieve information.

This training can be adapted and modified to suit the individual needs of the school/organisation. It could be delivered as either a one day, half day or series of twilight taster sessions but is most effective as a one day course (or over 2 half day sessions).

Consultant: Andrea Smollen

[To book or find out more – Contact Us](#)

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"A thought-provoking day with a lot of time spent clarifying our current situation and how to see a clear way forward".

Plymouth Secondary School

