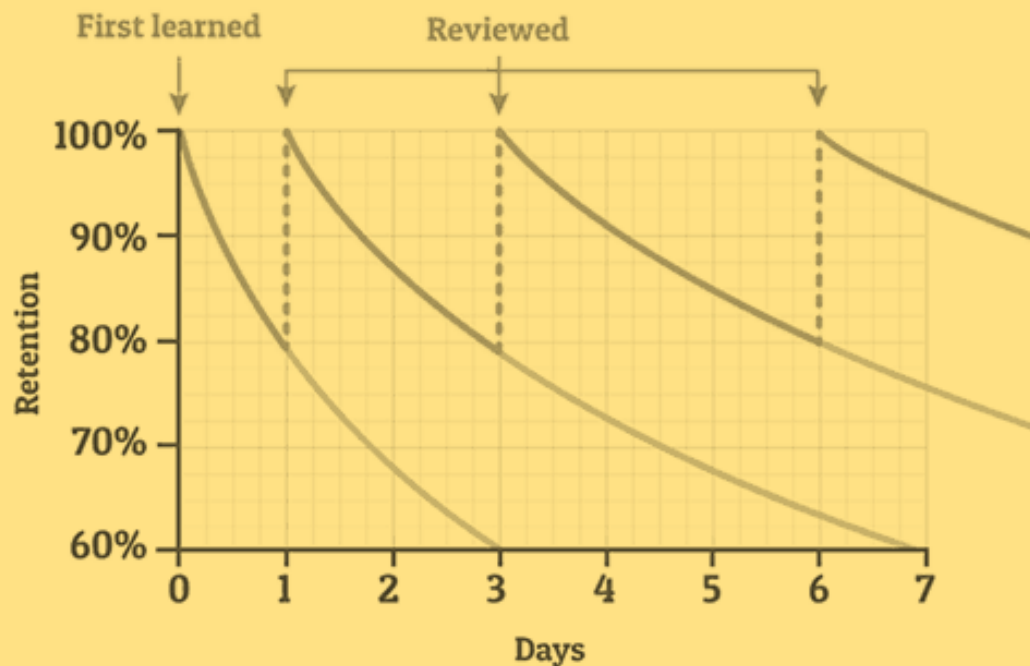


# The Forgetting Curve

Do you feel like you're putting in the time to study, but you still aren't retaining the information? It's not just you--there is a good chance you're experiencing the "Forgetting Curve". Try to split up your study sessions, and to revisit your notes multiple times over the course of the week.

It isn't just you! This is something that EVERYONE experiences--it's science. Studying is more about **frequency** (how often you review) than **quantity** (how long you review for)

Typical Forgetting Curve for Newly Learned Information



Refer to the Study Cycle on the SSC website for study session best practices. **Remember:** no more than 3 Focused Study Sessions (with breaks!) in a row!

**What does this all mean?** If you only review your notes the day after you take them, you are only likely to retain 60% of the information you learned by the end of the week. By reviewing your notes ~every 3 days in the first week of learning new material, you will remember ~90% of what you have learned!