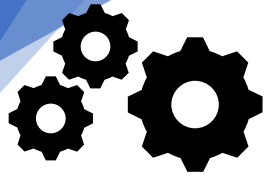


# Supporting children by developing Long Term Memory



## What is it?

Working memory is the cognitive function that enables conscious mental processing or real time thinking – this has a limited capacity.

Long-term memory refers to the storage of information over an extended period. This type of memory is stable and can last a long time.

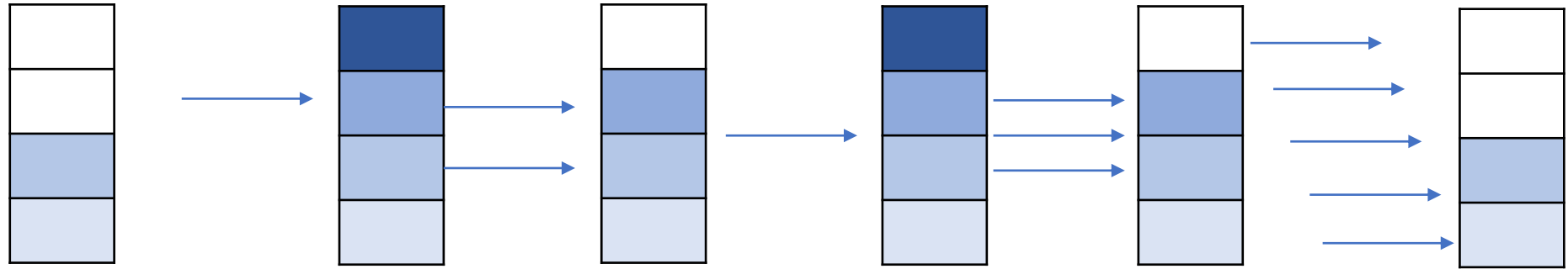
## Why is it important?

Long-term memory plays a vital role in daily life, allowing you to build a foundation of information that allows you to live your life.

If the ability to store and retrieve information is poor, wrong conclusions and wrong answers will result.

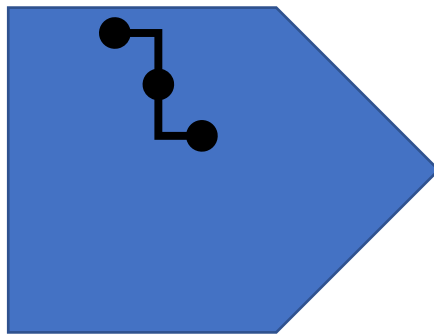
Long term memory is the ability to both store and recall information for later use. For example, the ease we have in spelling our first name vs. our need for practice to spell the name of the county where we live backwards.

Working Memory



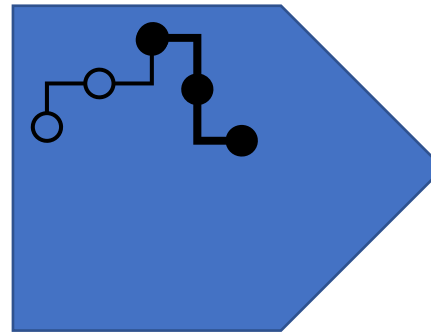
Long-Term Memory

Know



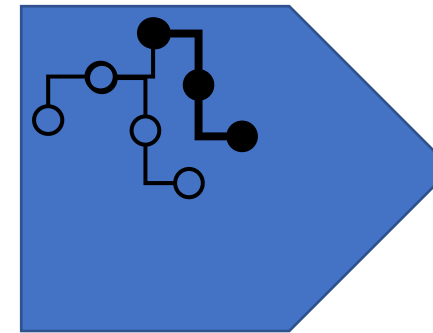
- ✓ Reduce distractions
- ✓ Focus attention
- ✓ Introduce separately

Understand



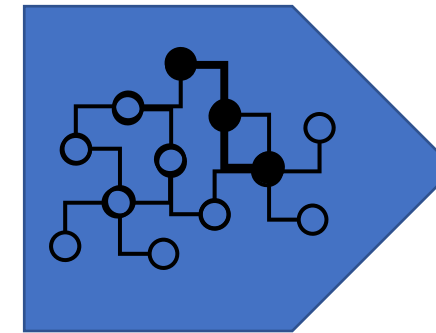
- ✓ Explanations and examples
- ✓ Models and analogies
- ✓ Images and illustrations

Use



- ✓ Questioning
- ✓ Retrieval practice
- ✓ Generative learning

(practice to)  
Master



- ✓ Spacing
- ✓ Variation
- ✓ Integration



for all...