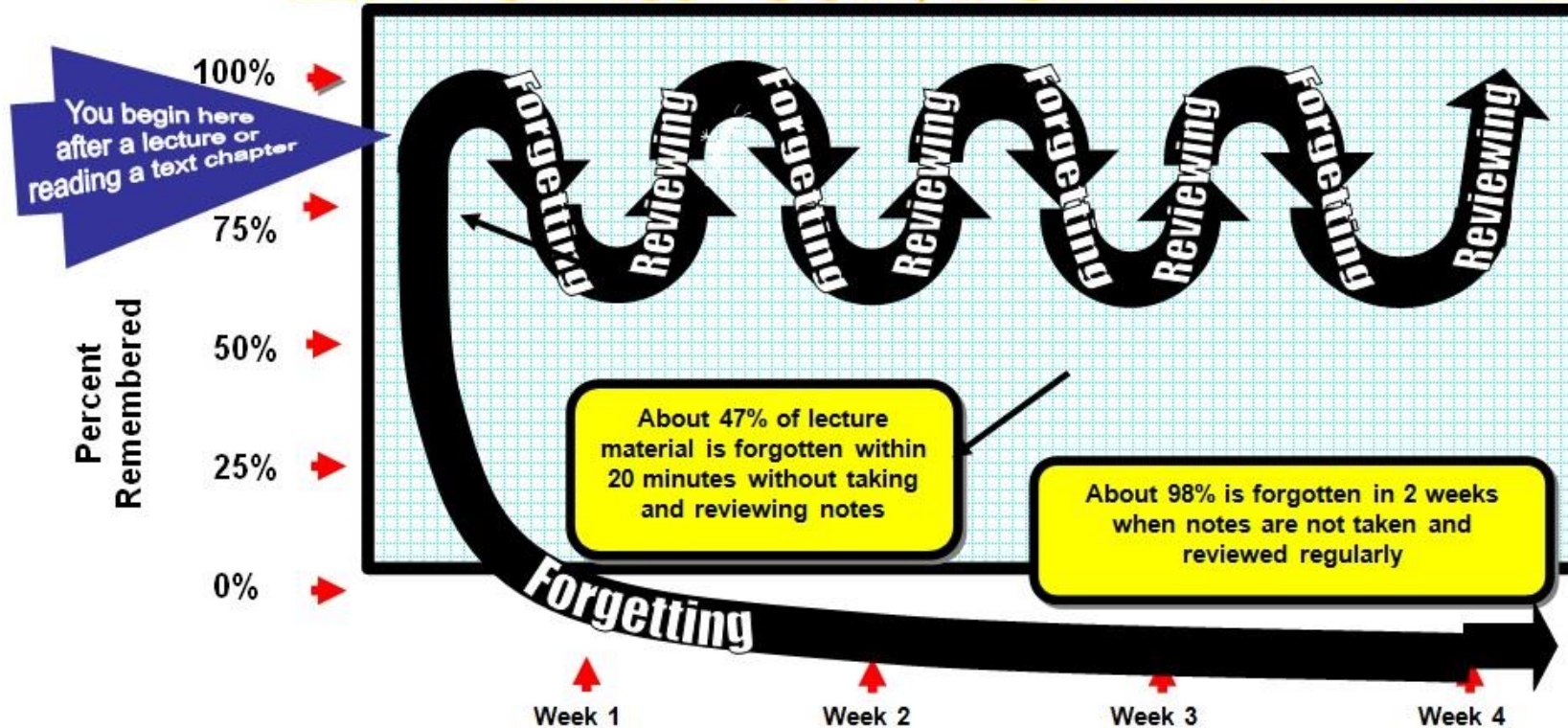


EBBINGHAUS' CURVE OF REMEMBERING



The general, overall conclusion about forgetting is that most forgetting takes place immediately after information is encountered and then slows down when notes are not taken and reviewed regularly. Frequent and regular review of material to be learned interferes with the normal process of forgetting.