

Helping pupils to remember

While we process information in our working memory, our long-term memory is where knowledge is stored. It is thought that the long-term memory changes and expands as pupils integrate new ideas with existing knowledge. However, that does not mean that we remember everything that we process in our working memory. Over time, the chances of forgetting a memory increase.

Understanding how information is stored in the long-term memory can help you plan how to effectively retrieve and practise key knowledge. This next section is going to look at the storage system of the long-term memory, also called ‘mental models’.



Open image in a new tab: [Simplest model of the mind](#)