

Understanding the 'Chunking technique' to help you revisit information

What is Chunking?

- It is a technique which can improve your **memory**
- Chunking is the process of taking individual pieces of information (**chunks**) and **grouping them into larger units**

The Power of Chunking to help you learn

- Your memory system becomes far more efficient
- It helps you to recall the relevant information in your exams
- Information becomes easier to retain and recall
- It improves your creativity

The Chunking Process

1. Break down larger amounts of information into smaller units
2. Identify similarities or patterns
3. Organise the information
4. Group information into manageable units

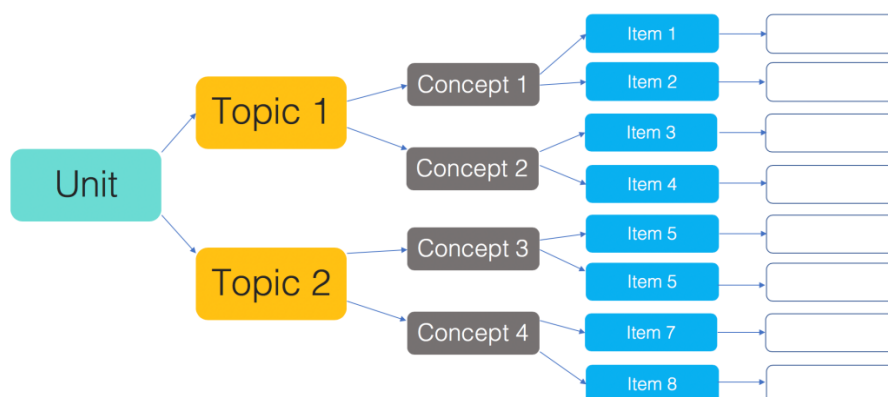
Use **HEADINGS** and **TITLES** for different sections

Use **TABLES** to summarise **LARGE AMOUNTS** of DATA

Use **BULLET POINTS** to summarise and **CLARIFY IMPORTANT POINTS**.

Combine quick **ILLUSTRATIONS** with **TEXT** to create **VISUAL ASSOCIATIONS**.

An example of Chunking



Are you ready to do some chunking?

FOCUS

Chunking requires
YOUR attention on
the learning

UNDERSTANDING

You need to fully
understand information
before chunking material

CONTEXT

You need to go beyond
understanding the initial
problem or concept and
seeing when, where and
how to apply it

Top tips to effective chunking

1. Practice:

- Challenge yourself to remember lists of things, whether a shopping list, vocabulary words or important dates.
- As you become better at remembering larger chunks of information, continue to challenge yourself to remember even more.

2. Look for Connections:

- As you are creating groupings, look for ways to relate them to each other in meaningful ways.
- Think about what they have in common and what makes sense.

3. Associate:

- Linking groups of items to things from your memory can also help make things more memorable.

4. Incorporate other Memory Strategies:

- For example, you might use mnemonics as a way to chunk different units of information. If you need to remember a list of things—such as buying **figs, lettuce, oranges, apples, and tomatoes**—you can create a word out of the first letters – e.g. "FLOAT".
- Once you remember the keyword, you will then be better able to recall the items represented by each letter of the acronym.

5. Separate your revision

- Separating revision into relevant sections can help you digest everything and remember it more easily.
- Creating **links** between different bits of information and putting them in meaningful categories can help you remember them better.

Form patterns

Develop your tactics

Make connections