



Do you remember what you repeat better than what you read or hear? You might be someone who learns by going over things again and again.

Say It Again!

As teachers, we know that people learn languages differently. Some like grammar. Some need to move often. Others can spend a whole hour reading. Some memorise through repetition. If you easily remember what you repeat, please read on.

Repeating

When I was seven years old I could not understand multiplication. Most of my friends found math hard too.

However, soon afterwards we started every class by repeating the multiplication tables from 1 to 9. When the year finished we could make most mathematical operations and somehow understood the logic behind them. Even today, more than fifty years later, I can recite them nonstop.

What to do

If it's easy for you to **learn through repetition** try written exercises on language websites and do them several times. Ask the teacher to say important information at least twice and request a revision at the end of every lesson. Write what your instructor says. Ask for homework on the subject of the day.

Play and sing songs until you've learnt all the words. Watch videos and listen to podcasts more than once. Read sentences many times. Record yourself and repeat. Write vocabulary several times. Copy sentences from your book and memorise those you think are useful. Make a study plan where you review things periodically.

Does this mean you will only learn what you repeat? No. We also learn while we hear, while we write, while we speak, while we read or while we exercise. However, memorization in languages is essential so if repeating helps please do that as often as necessary.

Andrew's advice: Review concepts at increasing intervals to remember them easily.

Spaced Repetition

You might want to apply the spaced repetition theory and revise concepts at increasingly long intervals. For example, after one day, one week, two weeks, one month and three months. If all goes well, knowledge should migrate from your short- to your long-term memory.



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