



Don't just repeat what you have learnt. Review items over a long period.

Always Revise—but Not Immediately

How's that? Haven't our teachers always told us to repeat things immediately so we don't forget?

Unfortunately, it seems they were wrong! Short and long memories are not exactly the same.

Humans in general keep things in their minds for only a brief period so most of us forget new concepts easily. There are many methods to help us remember but repeating things at long intervals is one of the best for language learners. Not automatically like a parrot but over increasing periods of time.

How does this work? The trick is to study at increasing intervals. For instance, review a concept the day after you've learned it; leave it and return a week later; then wait for a month, two months, six months and a year after that. You'll learn it better than if you repeat it one hundred times today and leave it

afterwards.

The Theory of Spaced Repetition proposes increasing intervals when reviewing material, because people remember items more easily when they are studied a few times over long lapses than when they are repeated many times in short periods. Spaced repetition will help us move concepts from our short- to our long-term memory and keep them there.

Therefore, review everything after one day, after one week, after one month or follow whatever spacing works for you.

You never know when you'll need a special word or structure so letting it wait in your long-term memory makes all the sense in the world. Your fluency will improve and you will feel more relaxed when you speak.

Want to learn more about improving your business English? [Download Speak and Write Better Business English](#) from Amazon.



Want to study business English at your company? Call us on +34 934 230 229 or contact us on www.englishforbusiness.es.