

**NEUROGENETICS INSTITUTE • LIVE WORKSHOP**

# The Memory Advantage

Event Workbook — Stop Re-reading. Start Remembering.

Sunday 30 August 2026 · 10:00 AM BST

 This workbook is yours to fill in during the workshop. Online version: your answers save automatically on this device. Bring it open (or printed) to the session — you'll write in it at least four times.

**SECTION 01****Key Concepts**

Jot the idea behind each term in your own words as we cover it — your phrasing, not mine.

**THE FORGETTING CURVE**

What happens to new learning within a day, unreinforced?

**THE FLUENCY ILLUSION**

Familiarity impersonates knowledge because...

**THE TESTING EFFECT**

Why pulling it OUT beats pushing it IN...

**SECTION 02****Your Current Method (quick check)**

From your Revision Method Audit — the method you rely on most, and the honest verdict.

**MY GO-TO REVISION METHOD IS...**

e.g. re-reading notes, highlighting, copying summaries...

**HOURS PER WEEK IT TAKES**

Be honest...

**HOW MUCH SURVIVES A WEEK LATER?**

A percentage, or a feeling — both count

**SECTION 03****Build Your R.E.C.A.L.L. System****R — MY RETRIEVE-FIRST ROUTINE**

Book closed, blank page, write what I remember — THEN check. When? Where?

**E — ONE ELABORATION PER SUBJECT**

e.g. Biology = explain it to my little brother;  
History = connect causes to football rivalries...

**C — MY CHUNKS**

Turn 30 scattered facts into 4–6 named clusters

**L — MY LOOP DATES**

Day 1 · Day 3 · Day 7 · Day 14 — write actual dates for ONE topic

**L — PROTECTING SLEEP (MY LAST-REVIEW TIME)**

Last retrieval pass happens at \_\_\_\_ before bed, not at dawn

SECTION 03 • CONTINUED

Your Memory Palace

Route: somewhere you know blindly (your home is perfect). Ten fixed stopping points, same order every time. Place one vivid, moving, absurd image per point.

| #  | STOPPING POINT (LOCUS) | IMAGE PLACED HERE (REVISION CONTENT) |
|----|------------------------|--------------------------------------|
| 1  | e.g. front door        |                                      |
| 2  |                        |                                      |
| 3  |                        |                                      |
| 4  |                        |                                      |
| 5  |                        |                                      |
| 6  |                        |                                      |
| 7  |                        |                                      |
| 8  |                        |                                      |
| 9  |                        |                                      |
| 10 |                        |                                      |

Walk the route forward to recall. Walk it backwards to revise. Same order, every time — the route itself becomes the retrieval cue.

**SECTION 04**

## The Memory Contract

Vague intentions don't survive Monday. Fill this in before you leave the workshop.

**1 • THE TOPIC I KEEP FORGETTING**

One real GCSE/A-Level topic

**2 • RETRIEVE FIRST**

Tomorrow at \_\_\_\_, book closed, blank page, before any notes

**3 • ARRANGE**

My palace route (the 10 loci above) holds \_\_\_\_

**4 • LOOP**

Reviews on \_\_\_\_, \_\_\_\_, \_\_\_\_, \_\_\_\_

**5 • SIGNED**

Signature

Date