

Memory and learning are so closely connected that people often confuse them with each other. A prerequisite to making good grades would be to know that understanding the subject matter is not enough; they must also actively engage in activities that will lead to the storage and ultimate retrieval of relevant information from long-term memory. These specialists define learning as a process that will modify a subsequent behavior. If we are able to retrieve previously learned information from long-term memory when we are presented with new-to-be-learned information, we can make associations between the two and, therefore, understand the new information better. But the specialists who study them consider them two distinct phenomena. These learning approaches are ineffective: reading while listening to music, studying around friends, studying for more than 45 minutes at a time without breaks, or pulling an all-nighter before an exam. Memory is essential to all learning because it lets you store and retrieve the information that you learn. Understanding enables us to know where to store the information in long-term memory and effective storage is more likely to lead to effective retrieval. They become frustrated and don't know what to do to improve poor test grades. It's also not a good idea to study with a smartphone in hand—or even nearby. In this way, memory facilitates understanding.