

The foundation level to our pyramid

Additional techniques

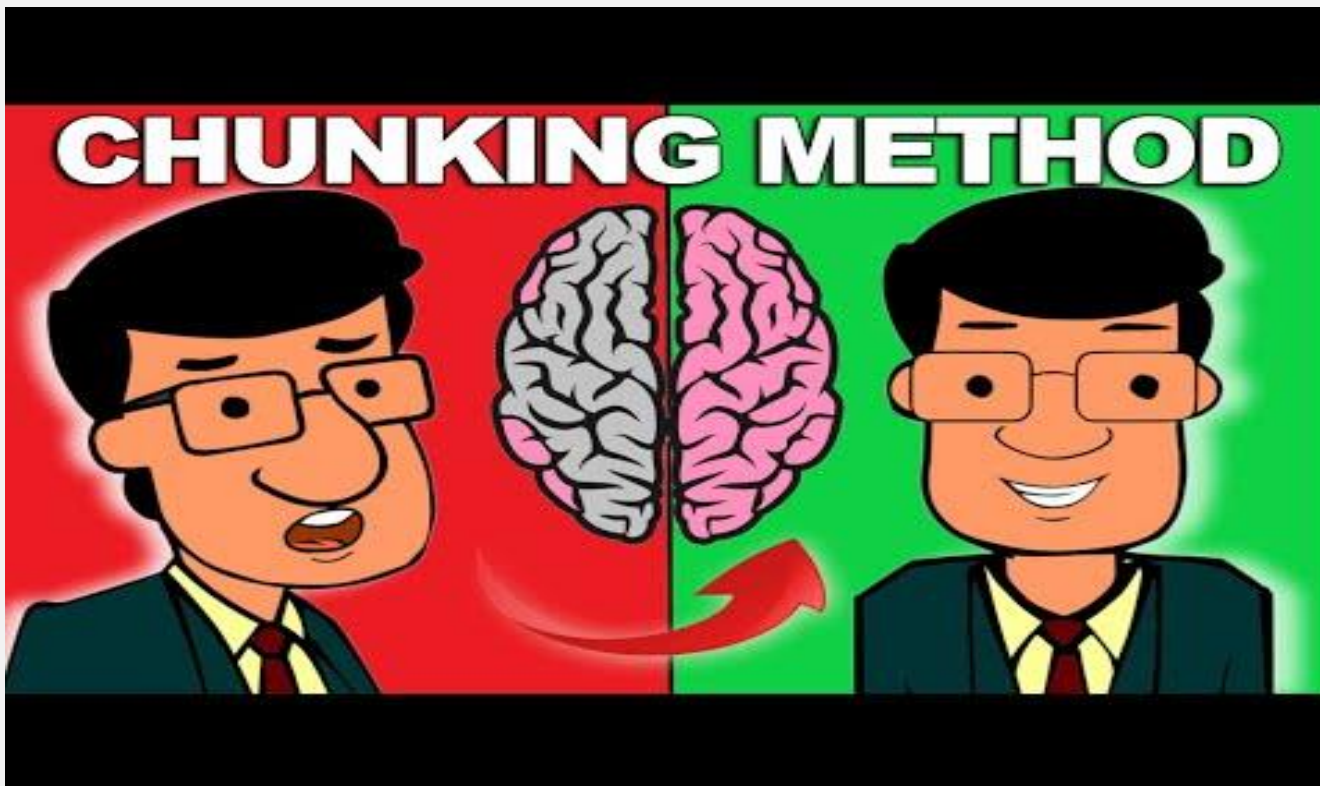


Chunking

What is chunking?

Chunking is the organisation of several items of information into groups (chunks). Through the use of chunking, we can make large amounts of information more memorable. This is possible because it allows us to get around the cap of how much information our short term memory can hold (which is usually 7 items). Each chunk can represent several other items of information.

<https://www.youtube.com/watch?v=wczh3ztgN3I>



[How To Study Effectively Using The Chunking Method | Pomodoro Study Tips - YouTube](#)

3:12

What is chunking?

We often use chunking automatically without even realising, for example, when remembering phone numbers.

Ways to chunk information

Generally, we can achieve chunking by:

- Just trying to group items together
- Trying to find patterns within the items
- Trying to organise the items into categories based on their meaning

