

The Information Processing Model is a representation of how we learn. The model depicts the input of information, collected through our senses, to the brain. Only a fraction of the input information enters short-term memory. Even less makes it to long-term memory, through the energy-requiring process of consolidation, for life-long recall. Along the way, the majority of information entering the brain is lost, or forgotten. Retention and retrieval of the information we store in our long-term memory is aided by acts of attention and rehearsal. Hands-on learning plays an important role in learning and retaining information as it supports attention, rehearsal and consolidation.

