Learn How to Study-The Most Important Lesson Of All

For all those students who wish they could retain what they learned in class until final exams...they can. Not by working harder, but by working smarter.

It's a matter of using the learning process and the laws of forgetting to our advantage. Just knowing what happens and why, can help students do things to retain the information received in class for an indefinite time, certainly long enough to pass their exams.

For instance, we know that, for the student, the average span of

concentration on a single subject is 50 minutes (that's why most classes are scheduled for 50 minutes). The continuous influx of

material speeds up new forgetting, so we can't expect that, after several

1986 St. Vincent de Paul Christmas Food Drive

St. Vincent de Paul is once again gearing up for its annual Christmas Food Drive, the largest Door-to-door food drive in the U.S. Last year, 5,100 volunteers delivered 401,450 pounds of food to 8,195 families. This year's calendar of events includes:

Friday, November 28, 10:30 a.m., Pioneer Square, to announce the start of the 1986 food drive.

Volunteers will canvas doorto door on Saturdays, December 6 and 13, to pick up food contributions.

Volunteers will deliver food to the needy Saturday, December 20.

A benefit jazz concert featuring pianist Jeanne Hoffman and bassist David Friesen, Sunday, December 21, 4 and 8 p.m., Parchman Farm, 1204 S.E. Clay.

Toy & Joymakers Move to New Location

The Portland Fire Bureau Toy and Joymakers will be operating from a new location this year located at the old Sears Surplus Store on N.E. Irving Street between Union and Grand Aves. This building has been donated by the Sears Roebuck Company.

People wishing to donate can drop off their toys at any Portland fire station and mail all cash donations to the Toy & Joymakers, c/o The Portland Fire Bureau, 55 S.W.

hours of concentration on new material, we'll forget most of what we learned during the first hour. Study habits should be scheduled with that in mind.

We know that most forgetting occurs immediately after learning. On the other hand, if steps are taken to remember something the day after it's been learned, chances are it will stick with us.

We know that cramming is relearning. Realizing this, the student can prepare a more productive cram session.

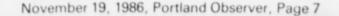
Reviews, timing the reviews to offset the curve of forgetting, consolidation of material-these are some of the other keys in the process used to impress the mind with the material learned and needed to retain.

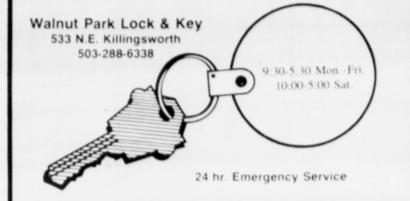
If done properly, the mind will retain the material...in some cases indefinitely. Knowledge of this process can serve well in school and will be a lifelong asset in other areas.

A report published by a college studies unit details these and other factors we know about learning and forgetting.

It is a step-by-step plan designed to help students retain classwork and pass their exams. (A comforting thought that all students returning to school would like to take with them.)

A copy of the complete report in a handy student format may be obtained by writing Empire Associates, P.O. Box 2627, Fairlawn, N.J., 07410. Enclose \$2.00 and a self-addressed stamped (long) en-







Ash, Portland, OR 97204

Dinner is Served at St. Andrews

Thanksgiving dinner will be served at no cost at St. Andrew's Community Center, 4940 N.E. 8th (off Alberta), Thursday, November 27th (Thanksgiving Day), 1:00 pm to 3:00 pm.

This dinner is for people of the parish and the neighborhood to share in a family-style setting. Turkey and all the trimmings will be provided.

Walking Easy

"Walking Easy: How To Care for Your Feet" is the title of a senior community health education program to be offered Tuesday, December 16, 12:30 p.m. at Sherwood Senior Center.

Presented by John Hahn, D.P.M., a podiatrist on staff at Meridian Park Hopsital, Tualatin, the presentation is part of the hospital's "Healthwise for Seniors" education program series. There is no charge.

The program is coordinated by E. Ricky Appleman, R.N., MPH Community Development and Consulting Services, who also oversees the hospital's ongoing senior health screenings at Washington County Senior centers in Tigard, Sherwood, Durham/ Tualatin.

For additional information about the program or the health screenings, contact the senior centers, or community education department at the Tualatin hospital.

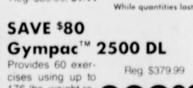
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