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**ASSESSMENT OF THE TECHNIQUE OF IMPROVEMENT OF ABILITIES TO
REMEMBER AT 3rd CLASS STUDENTS AND 3rd COURSE STUDENTS OF THE
MEDICAL UNIVERSITY**

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Introduction. Interest in the issues of memorization does not leave humanity for more than one millennium. Every year, more and more methods are published that allow us to memorize information faster, better and better. The problem of memorization is acute among schoolchildren and students. Therefore, we decided to test one of the methods in practice to ensure its viability.

Aim: Identify the effectiveness of memorization techniques in schoolchildren and students.

Materials and methods. Analysis of the memorization technique using the approaches “Reproduction from memory” and “Effect of testing”.

Results and discussion. During the study, test results were obtained from the experimental and control groups, as well as intermediate tests only from the experimental group. On the basis of the data obtained, we have created two diagrams illustrating the comparison of points for the two groups.

According to the data obtained, the control group of schoolchildren showed better results than the experimental group: by an average score of 0.151785714 points, while the median value differed by 0.5 points. The results obtained differ from the literature. It is assumed that the results of the study could affect the following points:

- 1) Small sample;
- 2) Schoolchildren were asked questions with a detailed answer, which implies the subjectivity of evaluation;
- 3) At each stage, a small number of questions were proposed, which means a high price of one point, which is 25%;
- 4) Lack of adequate control over the subjects (probably, the students copied from each other and suggested);
- 5) Ideally, the study should have been a double-blind, because both the teacher and the tester could be biased towards the subjects.

Among students, the result of the experimental group is better than the result of the control: by the average score by 0.470833333 points, and by the median value by 1.0 points.

Conclusions. When analyzing the data obtained during the study, we can conclude that the technique is more effective for students than for schoolchildren. Intermediate testing showed an average increase in the points in the experimental group, which increased with each stage by 15.5% in the group of schoolchildren and by 13.5% in the group of students.

Thus, this technique will be effective in the case when it is used by an adult to learn a small amount of material from different disciplines, or to prepare for the exam in one discipline. You should also pay attention to questions of the physiology of the brain: the use of sleep, the method of interval repetitions - and use all these techniques in combination to achieve maximum results.