

Memory and Recall: Comparison between Writing and Typing

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Introduction. It has become common practice for students in higher education to type notes during a lecture. This raises the question of whether the transition from writing to typing changes the student's ability to remember and recall information. The purpose of the present study examined whether students better remembered and retrieved text that was previously read to them, when written by hand or when it was typed. **Method:** The study included a convenience sample of 42 undergraduate students from colleges and universities in Israel, ages 20-30 years. The Rey Auditory Verbal Learning Test was administered to ascertain that no differences existed between the students in their auditory verbal memory abilities. The sample was randomly divided into two groups: a group that was asked to write the text by hand and a group that was asked to type the text on a computer. When finished, they were asked to recall as many details as possible from the text. **Results:** A significant difference was found ($t=2.74$, $p=0.009$) between the groups, in favor of the handwriting group. Therefore, when choosing a writing instrument it is important to consider the aspect of memory retention as well.