

Strategies to Improve Memory

1. Eliminate distractions while studying. Study where it's quiet, eat well so that you won't be hungry, and get enough sleep so that you can concentrate.
2. Study with a partner (who is serious about studying) to increase motivation.
3. Read actively. Look up words you don't understand. Turn important information into possible test questions. Mark main ideas or take notes as you read. Summarize key information in your own words.
4. Break large assignments down into smaller tasks and concentrate on one task at a time.
5. Schedule enough study sessions to review information several times, not just once.
6. Review class notes with 24 hours after taking them. After 24 hours, up to 80% of your understanding may be lost.
7. Recite material out loud.
8. Do memory work before going to sleep. Review again in the morning.
9. Use memory techniques such as mnemonics, association, catchwords, and silly sentences. Or set information to music or rhythm. (Example of a mnemonic: the first letters of the Great Lakes spell HOMES. For a list must be memorized in order, make up a silly sentence using the first letters of each word on the list. Example: remembering the sentence "My Very Educated Mother Just Served Us Nine Pizzas" will enable you to remember the planets in order from the sun outward.)
10. Condense important information on flash cards and drill.
11. Create diagrams, mind maps, trees to remember relationships between things/ideas.
12. Create a flow chart to remember things in a sequence.
13. Use a time line to remember dates.
14. Get information right the first time. It's sometimes harder to "unlearn" incorrect information than it is to learn correct information.
15. Associate new material with related facts you already know. A good example makes a concept easier to remember.

16. Try explaining an important concept to a friend without looking at notes or books.

17. Try to predict possible exam questions, and then see if you can answer them.

18. Don't just try to memorize information by rote. Make sure you understand the meaning. Meaning improves memory.