

Memory Tips

Sort Information: Help your retrieval system by putting new information into categories. You can group by dates, people, formulas, etc. It may help to make a chart as you study.

Frequent review: Studying new information the same day you heard or read it will improve memory significantly. On average, we forget more during the first hour after learning than during the next 24 hours; and we forget more during the first day than we will during the next thirty days. A small review each day is essential for remembering.

Use humor or exaggeration: Information stays in memory longer if it is related to something novel and interesting. Make up something funny or exaggerated that ties into what needs to be memorized.

Explore the senses: Try learning the information visually, verbally, and kinesthetically and find which sense works best for you. Some people need to combine two or more senses.

Color code: By using colored pens, highlighters, post-it notes and flags, index cards, etc. you can make an impression on your memory. This is a way of sorting information for storage as you assign colors.

Make visual aids: Draw pictures or cartoon characters, graphs, tables, charts, time lines, etc. to aid memory. Even simple stick figures and drawings are useful if you are a visual learner. Pay attention to pictures, charts, etc. in textbooks.

Rehearse aloud: Verbal rehearsal is an effective memory tool. Study with someone or use a tape recorder to say what needs to be memorized aloud.

Make it physical