

TIPS FOR ENHANCING YOUR MEMORY

REPETITION

The simple act of **repeating** something can help you memorize new information.

STUDY TECHNIQUES THAT RELY ON REPETITION

MULTIPLE READING PROCESS

- **Preview** – Read the chapter name, headings, and subheadings. View pictures, graphs, and charts. What first impressions do you have about the reading?
- **Overview** – Read the first sentence of each paragraph. What new information do you have?
- **Read** – Read each section in its entirety. What new information have you learned?

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- **Survey** – Read the chapter name, headings, and subheadings. Look at pictures, graphs, charts, maps, cartoons, illustrations. Notice **bold** and *italicized* words. Review sidebars, quizzes, review or reflection stops, end of chapter review/analysis/summary, and discussion/thinking questions.
- **Question** – As you survey the reading, ask yourself “who”, “what”, “when”, “where”, “why” and “how” type questions. Predict what test questions could be asked based on this reading.
- **Read** – Break up your reading over time. Look for the answers to questions you asked. Read when you have time to focus on the material. Highlight, underline, and annotate the text.
- **Recite** – Read and answer your questions aloud.
- **Record** – Take notes on and annotate the reading. Write down key points of information. Taking notes engages your critical thinking skills and is beneficial retaining information for later recall.
- **Review** – Study your notes, annotations, answers to questions, and make flashcards.

SELF-TESTING

- **Guess-and-Check** – Great for memorizing formulas
- **Retrieval Practice** – Practice retrieving knowledge from your memory while studying. Do not simply read over your notes without trying to recall the information on your own. Test your knowledge!

EXAGGERATION

Extreme, wild, or silly examples or images can help us remember new information.

STUDY TECHNIQUES THAT RELY ON EXAGGERATION

MNEMONIC DEVICES

- Sweaty Monkeys Chase Red Ducks Every New Year’s Eve (Systems of the Human Body)
- Every Good Boy Deserves Fudge (Treble Clef notes)

- Please Excuse My Dear Aunt Sally (Order of Operations)

SONGS, RHYMES, JINGLES, ALLITERATION

- Have you ever memorized a radio or television jingle by accident? Or perhaps you still remember the words to a song that you have not heard in years. There is a reason why songs are so catchy.
- Humans have very **strong auditory memories**.
- Turn everything you need to know for a test into a song. It will be easier for you to remember.
- **Examples:** The Alphabet Song, Fifty Nifty United States

ASSOCIATION

Memories can be made even stronger when you link them to information you already know well.

STUDY TECHNIQUES THAT RELY ON ASSOCIATION

SIMILAR SOUND TECHNIQUE

- This technique helps you to memorize the meaning of unfamiliar vocabulary words by associating them with word sounds that you know.
 - Example: Claustrophobia
 - **Claustrophobia = Santa Claus**
 - **Santa Claus is afraid** of getting **stuck** in a **chimney**.
 - **Claustrophobia = fear of small or enclosed spaces.**

MEMORY PALACES

- This technique allows you to build new information into an associated location. Think of a location or place that you know the layout of really well. Imagine yourself walking through this location.
- Now, in your mind, **place new information in these rooms**.
- Somehow associate or **create an image in your mind of that information with the room**.
- **Example:** Remember the order of the planets by associating each planet with places in your home.
 - Front Door = Mercury
 - Hallway = Venus
 - Living Room = Earth
 - Kitchen = Mars
 - Bedroom = Jupiter
 - Bathroom = Saturn
 - Closet = Uranus
 - Backyard = Neptune

VISUALIZATION

Humans have an easier time remembering visual information than abstract information.

STUDY TECHNIQUES THAT RELY ON VISUALIZATION

NUMERIC PEG SYSTEM

- Great for memorizing items in correct order or on a list.
- Each number is associated with a memorable object or item that looks like or rhymes with that number.
- There is no right or wrong way. Create your own pegs.
- Example: 1 = Pencil, 2 = Swan, 3 = McDonalds (arches), 4 = Chair, 5 = Hook
- Now visualize an extreme example of each item on your list along with the associated object or item.
- Interested in learning more about the Numeric Peg System? Watch this video from MooMooMath and Science on YouTube.

