

Tips for Improving Memory

1. Repeat, Repeat, Repeat

Learning and memory involves a lot of repetition. Our brains also respond to novelty or repeating things in a different way and at different times.

Examples:

- Re-organize your notes after class
- Review your class material on a regular basis
- Repeat content from the textbook or lecture, using your own words

2. Organize

Using a planner or smart phone calendar can help you keep track of assignments and activities. You can also use your planner or phone to journal about things you want to remember. The process of organizing clears our mind which helps us focus, concentrate, and remember more.

Examples:

- Take notes about conversations, thoughts, and experiences to help you remember.
- Review current and previous day's entries or notes.
- Always have your planner or smart phone with you in case you need to write something down.

3. Visualize

Visualization strengthens the association you are making between two things.

Example:

- Linking a term with a definition is easier when you attach an image to the term. For example, the country Italy is roughly shaped like a boot. When you picture it on a map in your mind, you envision a "boot" protruding from Europe.

4. Cue

You can use different types of cues to help you remember information, such as object cues, visual cues, olfactory (smell) cues, movement cues, or sound cues.

Examples:

- Use an ordinary object to identify with a particular term or topic
- Chew the same flavor of gum while studying and taking an exam
- Create hand motions to represent new terms or topics

5. Group

This strategy helps extend the capacity of our short-term memory by chunking information together instead of trying to remember each piece of information separately.

Example:

- When studying process, group steps in set of 3-5