STRATEGIES TO IMPROVE YOUR MEMORY

FORGETTING:
• 60-80% of material is forgotten if not reviewed within 24 hours
• A good night’s sleep significantly improves ability to remember
• The brain consumes 20% of calorie intake, so eat well!

3 STAGES TO REMEMBERING:

1 - INTRODUCTION TO MATERIAL
• Get the BIG picture of lecture topic or reading before you start
• Determine what is important from introductions, summaries, headings, terminology
• Create questions so you listen or read for meaning
• Look for the answers
• Link chunks of info together and link them to the BIG picture

2 - LEARNING
Spread learning out over time
• 50 minute study blocks a few times a week per course
• Take breaks/plan rewards
• Don’t study the same thing all day – switch topics
• Review regularly

Work with information to understand it
• Answer questions
• Clarify meanings
• Focus on steps or processes
• Establish connections with BIG picture and to what you already know

Organize information – your brain likes it that way!
• Timelines (History)
• Charts (for comparing info)
• Mind maps
• Diagrams
• Colour coding

Practice what you have learned
• Say it in your own words out loud
• Discuss with others
• Write summaries, do problems, draw it out
• Leave lots of time to practice (math/science) problems

Memorize facts, dates, and definitions
• Work in 20 minute blocks
• Only learn a few items at a time
• Review/repeat frequently
• Use flash cards and carry them with you

3 - REMEMBERING:
Test yourself – it’s important to find out what you don’t know so you can learn it!
• Use flash cards
• Use ‘look-away’ techniques: test yourself then check if you were right
• Write summaries without looking
• Study with a friend or in study group