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## 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, terms
- Create questions so you listen or read for meaning
- Look for the answers
- Link chunks of info together and to the BIG picture

#### 2) Learning::

##### **Spread out learning over time**

- 50 minute study blocks
- Take breaks/plan rewards
- Don't study same thing all day – switch topics
- Review regularly

##### **Work with info to understand it**

- Answer questions
- Clarify meanings
- Focus on steps or processes
- Establish connections with BIG picture and what you already know

##### **Organize info – brain likes it that way!**

- Timelines (History)
- Charts (for comparing info)
- Mind maps
- Colour coding

##### **Practice what you have learned**

- Say it in your own words out loud
- Discuss with others
- Write summaries
- Leave lots of time to practice (math/science) problems

##### **Memorize facts, dates, definitions, details**

- 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 go back and learn it!**
  - Flash cards
  - Write summaries without looking
  - Look away techniques
  - Study with a friend or in study groups