

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

