

Strategies to Improve Memory

1. Selectivity: Identify main ideas and important details from a large body of information
 - ✓ Notice topics that receive frequent or repeated emphasis
 - ✓ Take note of the chapter review or chapter quiz
 - ✓ Look at special features in the textbook; i.e. text boxes in the margin, pictures, charts, etc.
2. Association/Visualization: link or connect two or more items of information
 - ✓ Associate new information with previously learned information
 - ✓ Associate information with a picture or diagram
 - ✓ Associate individual items with a word or number in a category or list
 - ✓ Close your eyes or look away to practice visualizing the object, word or definition
 - ✓ Create movies in your mind while you read the material
3. Concentration: focus your mind on only one task at a time
 - ✓ Choose an environment that allows for concentration and undivided attention
 - ✓ Be an active learner: take notes, make diagrams, highlight text, etc.
 - ✓ Limit stimuli that interrupt your thought process, i.e. turn your phone off, etc.
4. Recitation: Explain information clearly without looking at the printed material
 - ✓ Recite key words from text or lecture to yourself or someone else
 - ✓ Explain important ideas or procedures you learn
 - ✓ Quiz yourself or have someone else quiz you on the material
 - ✓ Repeat the information until you know it, then repeat it 5 more times
5. Big and Little Pictures: Identify the main idea and supporting details
 - ✓ Convert lecture and/or text into big and little ideas
 - ✓ Use an outline or mapping method to organize information
 - Place main idea on the first line, indent supporting details under it
 - Place main ideas in the middle circle and surround it with supporting details
6. Organization: Meaningful structure of ideas or information
 - ✓ Categorize or alphabetize information in lists
 - ✓ Categorize information into a table or chart
 - ✓ Organize information by time sequence or process of steps
7. Time on Task: Allow sufficient time to learn the information
 - ✓ Have numerous, short study sessions
 - ✓ Schedule two hours of studying for every one hour in class
 - ✓ Work on only one subject at a time
8. Combination: Combine techniques to enhance multiple memory processes
 - ✓ For example, flashcards can be used repeatedly, at different times of the day and you see the stimulus word and recite the answer (Recitation, Visualization, Time on Task, Selectivity)
9. Mnemonic Devices: new words, acronyms or creative sentences using the information
 - ✓ For example, NASA (National Aeronautics and Space Administration) or 30 days has September, April, June and November; the rest have 31 except February