

MEMORY STRATEGIES



1 RECITE

Read a textbook passage, then look away and state in your own words what the passage was about.



2 REHEARSE

The more times you encounter info, the better you will remember it. Read before class. Attend class. Take notes and review them. Make flashcards. Create games.



3 ACTIVATE YOUR PRIOR KNOWLEDGE

Relate what you are learning to information you already know.



4 7 PLUS OR MINUS 2

Most people can hold seven ideas in their short term memory, so limit what you learn to the main ideas.



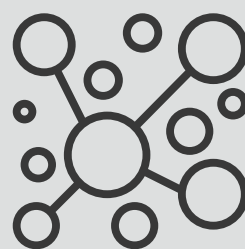
5 VISUALIZE

Draw a picture of what you are trying to learn, or create a concept map of the material.



6 CLUSTERING

Re-organize items you are trying to remember into categories that make sense to you.



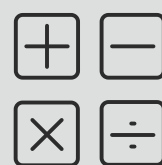
7 MAKE A WORD

When memorizing a list, use the first letter of each word to make a new word that will help you recall the list (e.g. FOIL – First, Outer, Inner, Last).

F.O.I.L
P.E.M.D.A.S

8 MAKE A SENTENCE

Use the first letter of each word to make a funny sentence to jog your memory (e.g. Please Excuse My Dear Aunt Sally – Parenthesis, Exponents, Multiplication, Division, Addition, Subtraction).



9 QUESTIONS

Create possible test questions to check your ability to recall the information.

