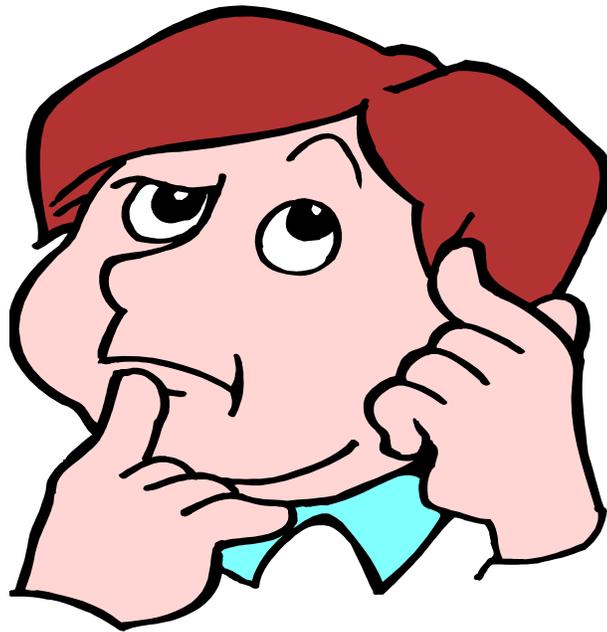
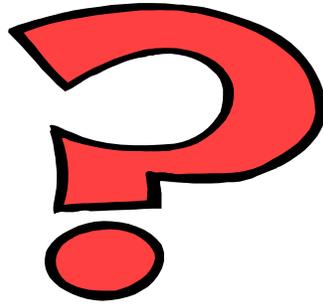


Memory



Study Skills Services
323 Oswald Building
246-6537

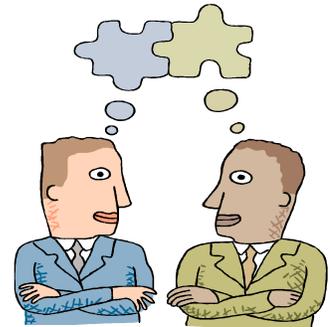
Memory

Memorization can be an important first step of learning. Unfortunately, most of us weren't born with a photographic memory, so we must improve our ability to retain information through the use of various memory techniques. Not all of the techniques in this handout will work for everyone. Try them all at least once and then use the ones that work best for you.

Memory Techniques

REPETITION — The most important key to a good memory is repetition. Research shows that it takes 32 meaningful repetitions to move information from short-term memory to long-term memory. You should always review your class notes within 24 hours *and* on a daily basis. Then, when test time rolls around, you'll know the information.

RECITATION — Another way to remember is to recite the information out loud. Read your notes to yourself. Teach them to a study buddy or study group. Talk about what you're learning with a family member or friend who is willing to listen.



ORGANIZATION — Categorizing material makes it more meaningful. It might be difficult to remember your shopping list in the first formation, but when you group like information together, suddenly it becomes easier.

pens
shampoo
bread

napkins
milk
binders

paper
peanut butter
paper towels

School
pens
paper
binders

Food
milk
peanut butter
bread

Household
napkins
shampoo
paper towels

MNEMONICS — Mnemonics are a creative way of helping you remember. There are two types:

Acronyms are words created from the first letter of each word in a list. HOMES is an acronym for the Great Lakes (Huron, Ontario, Michigan, Erie, Superior). NASA is another acronym (National Aeronautics and Space Administration). Now, you try it. Make up an acronym using the names of the states that seceded from the Union during the Civil War.

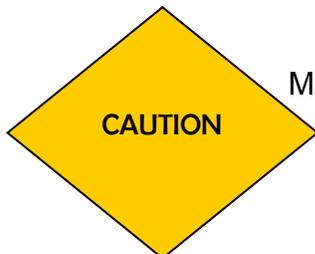
Georgia	Texas	Mississippi
Louisiana	Florida	Alabama
South Carolina		

What is your acronym? _____

Acrostics are phrases or sentences created from the first letter of each word in a list. “My very elegant mother just served us nine pizzas” is an acrostic for the planets in order from the sun (Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus, Neptune, Pluto). Okay, your turn. Make up an acrostic for the names of our last nine presidents — the sillier the better because that makes it easier to remember.

Bush	Clinton	Bush
Reagan	Carter	Ford
Nixon	Johnson	Kennedy

What is your acrostic? _____



Mnemonics should be used sparingly. If you create too many of them, you could have a problem trying to remember the mnemonics instead of the information they represent.

OVERLEARN — Simply going over and over the material helps program the information into long-term memory. The basic principle behind overlearning is overlapping study. Here's one way to use this technique.

1. List each item separately on note cards.
2. Learn the first three cards.
3. Add one card.
4. Practice all four cards orally.
5. Add one card.
6. Practice all five cards orally.
7. Delete the card from the original set that you know the best and add one new card.
8. Practice with all five cards.
9. Repeat steps 7 and 8 until you know all the items.

INTENTION — You can also remember material just by making a conscious effort to do so. If you *want* to remember words to your favorite song, you can easily repeat the lyrics word for word. It works the same way with studying — if you make a commitment to remember your course material, you will.

SEVERAL SHORT STUDY SESSIONS — When doing straight memorization work, several short study sessions are better than one long session. Keep your memorization sessions to 20-30 minutes in length.

STUDY BEFORE SLEEPING — Provided you're still alert, reviewing material right before you go to sleep is a great technique. Your brain will continue to process and reinforce information while you sleep.

