



THE LEARNING AND MEMORY PROCESS:

These stages are similar to the way information is processed by a computer.

1. Information is typed onto the screen (*input*)
2. The information is saved in a file (*storage*)
3. The saved info is recalled and used when needed (*retrieval*)

To remember, you have to make it your own: understand it, desire it, and process it.

MANAGE REVIEW TIME:

Review daily and weekly depending upon the subject and project. Cramming systemically limits what you learn.

Recite instead of reread. Plan a strategy.

Create review tools:

- study checklists
- mind mapping
- create summary sheets
- flash cards

BATTLE THE MEMORY BLOCKS:

1. Mentally put yourself in the environment where you studied.
2. Think about anything related to the info you can't remember.
3. Turn to another question for a moment.
4. Review answers before turning in the test.
5. Breathe!

APPLY THE MEMORY PRINCIPLE:

1. **Interest:** You must be interested in the topic.
2. **Attitude:** Be positive that you will remember.
3. **Basic Background:** How much do you already know? Build on knowledge.
4. **Selectivity:** Determine what is most important to learn.
5. **Meaningful Organization:** Group ideas into meaningful categories.
6. **Recitation:** Say it aloud in your own words.
7. **Mental Visualization:** Make a mental picture of what needs to be remembered.
8. **Association:** Tie new info into something you already know.
9. **Consolidation:** Time for material to "soak in."
10. **Distributed Practice:** Study in shorter increments rather than for hours straight.

Hopper, Carolyn. *Practicing College Study Skills: Strategies for Success*. Boston: Houghton Mifflin, 1998. Print.

MEANINGFUL ORGANIZATION:

You probably can't remember:
aabceeeeeeeeeilmnnoorrstuy

But if you organize them in a meaningful way, as words, you can reduce the number of items, increasing your odds of remembering them. Try grouping items you need to memorize into groups of seven.

Pauk, Walter. *How to Study in College*, 6th Ed. Boston: Houghton Mifflin. 1997. Print.

BRAIN DUMP:

Before the Exam, create a personal reference sheet with concepts and formulas you are worried about forgetting. Practice writing it from memory. At the start of the exam, re-create the reference sheet on a piece of scrap paper from memory to refer to during the exam if permitted.

