

IMPROVING YOUR MEMORY

Much of your ability to remember comes down to skill. By learning techniques that help you concentrate and organize information, you can improve your ability to remember.

Effective Memorization Techniques and Strategies

Before Memorizing

1. Develop a positive attitude about memorizing – create an affirmation.
2. Choose to remember – you have a choice.
3. Post memory cards – make cards with words, diagrams and other things you want to remember and put them in areas you frequently will see them.
4. Plan more than one study session – using several short sessions rather than one long study session is more effective.
5. Relax – you will be able to better remember what it is you are trying to memorize.

During Memorizing

1. Create associations (e.g. to remember Professor Getty's name you can associate his name with the Battle of Gettysburg.)
2. Invent word acronyms using the first letter of a group of words to create a new word (e.g. to memorize the Great Lakes, you can use the acronym HOMES: Huron, Ontario, Michigan, Erie, Superior; Roy G. Biv for the colors of the spectrum: red, orange, yellow, green, blue, indigo, and violet.)
3. Invent acrostics using the first letter of a group of words. (e.g. Please excuse my dear Aunt Sally for the math equation – parenthesis, exponents, multiply, divide, addition, subtraction.)
4. Assign numbers. This helps you remember a number of items (e.g. the 4 E's of effective writing: examples, experiences, explanations, and evidence.)
5. Visualize. Invent a relationship between what you are trying to remember and something physical. (e.g. to remember the bones in a hand look at a picture, close your eyes and see the picture of each bone; remembering a person's name – visualize a person who has the same name.)
6. Recite. Keep saying the thing you are trying to remember out loud when you first learn it (e.g. remembering a name when introduced, say that person's name immediately after you are introduced, and again when talking with the person.
7. Talk it out. When trying to memorize something try reciting the information aloud either verbatim or in your own words.

After Memorizing

1. Repeat it. Repeat the information you are trying to remember by saying it over and over again.
2. Practice. Continue to practice the memorization strategies you have used.
3. Quiz yourself. Have other people quiz you on the information you are memorizing.