

How to Improve Your Memory

RECITE

How did you learn your ABC's?

You learn by singing the song over and over again!

WRITE

Re-writing your notes will not only make them neater but will help you remember the material too!

REPETITION

To master new vocabulary make flash cards. Then quiz yourself often. The more you repeat the material the better you will learn it.

GROUP INFORMATION

It is much easier to remember related facts. So “chunk” your information for memory efficiency.

NARRATIVE

Telling a story with important terms can help you remember, but don't make the story more complicated than the original information.

VISUALIZATION

Sometimes you can build a visual aid right into your notes. Different approaches could include charts, graphs, mapping or webbing.

MNEMONICS

Acronyms

Form a word using the first letter of a phrase, title, etc.

Acrostics

Form a sentence by using the first letter of each word

