

Memory Improvement Tips



Memory Quiz

If you answer yes to any of these questions, try some new strategies to improve your memory.

- Do you think of yourself as someone who easily forgets things?
- Do you forget things because you don't use them?
- Do you overcrowd your memory?
- Do you have trouble remembering things that you know?
- Do you study course material and then find that if it is presented in a different way on a test you are unable to answer the questions?



Body
Feet
Hand
Hair
Nail

Food
Bread
Pepper
Apple
Vegetable

Nature
Hill
Grass
Smoke
Star

Animal
Boy
Nurse
Queen
Bird

Place
Church
Home
Train
Web

Thing
Glass
Wool
Carpet
Tiger

Invent your own method to help you remember!



Tried and True Tip!

Constantly refresh your memory by reciting new information. Each time you recite you are strengthening your memory to retain that information.

Cover up the original list again and circle the words in the following list that also appeared in the original list.

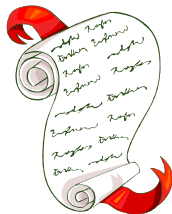
Hair	Flower	Breath	Night
Peace	Home	Fox	Creep
Boy	Book	Nurse	Hill
Cup	Carpet	Lime	Attic
Feet	Leg	Woman	Movie

How well did you do?

The first test was a test of your recall ability (remembering items without direct clues or prompting), the second test was a test of your recognition ability (remembering what you have seen before when you see it again.)

For most people, recognition is much easier to recall; don't be surprised if you did better on the second test than you did on the first. This is why many people find multiple choice tests easier than essay tests.

Most people find that categorizing the words is the most helpful in memorizing lists. People trying this method found the list easier to remember, and remembered it for a longer period of time, when they categorized the words in a way similar to this:



Ten Ways to Improve Your Memory

Understand material you are learning thoroughly.

Explain it aloud to yourself, using your own words.

Associate new material to information already stored in your memory.

Find the significance of what you are learning.

Challenge yourself to find out how it is interesting.

Be confident in yourself. You CAN learn and remember.

Understand how what you are learning is part of a larger whole.

Organize what you want to remember into chunks of facts and information that relate to what you already know and remember.

Select main points and arrange them in a logical outline or graphic pattern.

Use short study periods with rest intervals to master material in small chunks, as opposed to studying continuously until a large assignment is completed.

Practice saying to yourself information, facts and ideas you want to remember. This technique can be used while reviewing and studying lecture notes, or while reading a textbook.

Rewrite your class notes using the Modified Cornell Method. Test yourself by covering sections of the notes with a blank sheet of paper and reciting ideas or concepts you have categorized or clustered.

Mnemonics

Mnemonics are easily remembered words, phrases, or rhymes that are associated with difficult to remember facts. Two widely used mnemonics are:

Thirty days hath September

April, June and November,

All the rest have thirty-one,

*Except for February which has twenty-eight. **AND***

***i** before **e** except after **c** or when sounding like **a** as in neighbor and weigh.*

The following are examples of using mnemonics to remember material presented in class:

Biology- The excretory organs (KILL)
Kidneys, **I**ntestines, **L**iver, **L**ungs

Learning- (V-LEMON) **V**isualization, **L**ink (old ideas to new), **E**laborate, **M**nemonics, **O**rganization, **N**ote cards

Astronomy-Names of Planets: Mercury, Venus,
Earth, Mars, Jupiter, Saturn, Uranus,
Neptune and Pluto OR

Minerva's **V**iolet **E**yes **M**ake **J**ohn **S**tay **U**p **N**ights
Puzzled

Music staves-**E**very **G**ood **B**oy **D**eserves **F**udge

Spelling- to remember the difference between
Homonyms

Principal is a **pal**

A principle is a **rule**

Memory Exercises

Take two minutes to memorize the following words in any order you like. You can rearrange the words, make them into a story, or do whatever you like to help you remember all of the words.



Bird	Hill	Web	Smoke
Boy	Home	Hand	Wool
Bread	Nail	Glass	Church
Vegetable	Nurse	Apple	Train
Feet	Queen	Hair	Carpet
Tiger	Pepper	Star	

Your two minutes are up! Go and do something else for five minutes. In five minutes, cover the list of words and write down as many as you can remember.

Now compare your list with the original list. How well did you do? What method did you use to remember the words?