

# 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?

## Ten Ways to Improve Your Memory

1. Understand material you are learning thoroughly. Explain it aloud to yourself, using your own words.
2. Associate new material to information already stored in your memory.
3. Find the significance of what you are learning. Challenge yourself to find out how it is interesting.
4. Be confident in yourself. You CAN learn and remember.
5. Understand how what you are learning is part of a larger whole.
6. Organize what you want to remember into chunks of facts and information that relate to what you already know and remember.
7. Select main points and arrange them in a logical outline or graphic pattern.
8. Use short study periods with rest intervals to master material in small chunks, as opposed to studying continuously until a large assignment is completed.
9. 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.
10. 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.