

Remembering



Understand – When you understand, information is well on the way toward being memorized.

Highlight – Use symbols in your text and notebook to indicate important concepts.

Verbatim memory – Review the material and repeat during the day.

THINK about what you are trying to learn – If you find an interest in the material you will remember it more easily.

Study the items you want to remember longest first.

Learn complete units at one time – This is the way the information will need to be recalled.

Over-learn to make certain – Do not stop trying to recall something as soon as you recall it the first time, continue to review and recite regularly.

Analyze material to determine the major points and organize an outline – This makes the material more meaningful and easier to remember.

Make your own applications, examples, and illustrations.

Reduce the material to be remembered.

Make a list of key words.

Mnemonics



Use positive, pleasant images – The brain often blocks out unpleasant ones.

Exaggerate the size of important parts of the image.

Use humor – Funny or peculiar things are easier to remember than normal ones.

Rude or sexual rhymes – are very difficult to forget!

Symbols – (red traffic light, pointing finger, etc.) can be used in mnemonics.

Vivid, colorful images – are easier to remember than drab ones.

Use all senses – to code information or dress up an image. Remember that your mnemonic can contain sounds, smells, tastes, touch, movements, and feelings as well as pictures.

Three dimensions and movement – Bringing these into an image makes it more vivid. Movement can be used either to maintain the flow of association, or can help to remember actions.

Locate similar mnemonics – in different places with backgrounds of those places. This will help to keep similar images distinct and unconfused.

The important thing is that the mnemonic should clearly relate to the thing being remembered and that it should be vivid enough to be clearly remembered whenever you think about it.