

MEMORY TRICKS

Overlearning

Once you feel you know what you are studying, you can “overlearn” by continuing to study.

Analogies

An analogy is comparing one thing to another (e.g, an aggressive test taker is like an aggressive driver). To create an analogy, you want to compare something that you want to remember to something you already know.

Images

To be most effective, you should try to “see” a mental picture of what you want to remember. Apparently, just trying to create a picture will help you remember the content of the picture.

Loci Method

Loci means “place”. To use this method, memorize a series of locations, such as the rooms in your house. Then, mentally place the information in various rooms. To recall for a test, you can mentally walk through the house,

Rhyme

Such rhymes as “Thirty days hath September, April, June, and November...” can remind you of factual information. Creating rhymes like this can assist you in remembering facts.

Acronyms

An acronym is formed by using the first letter or two of words in a longer statement. Acronyms can be real or made-up words. You can make up acronyms to help you remember any information.

Recitation/Rehearsal

If you repeat, aloud, many times, the information you wish to remember. The information should be short and concise; if it also rhymes and is connected to a mental picture, it will be easier to remember.

Restating

On several occasions, restate in writing the information you wish to remember. Restating can help you remember anything, but particularly should be helpful in recalling main ideas.

Intend to Remember

Psychologists have found that intending or wanting to remember is important. If you study with the intention to recall, your intention must be active rather a passive wish. Recognize your positive and negative attitudes.