

EFFECTIVE MEMORY STRATEGIES



1) MONITOR YOUR COMPREHENSION

- You can only remember and use ideas that you completely understand
- Need ways to monitor comprehension: “Do I understand this?”
- Check the logic behind ideas: Do things occur in ways that can be expected?
- If the logic is understood, you are more likely to be able to reconstruct an idea. Even if you cannot recall it immediately.
- Evaluate your comprehension by utilizing a study buddy
- Studying with a partner reinforces your own knowledge of a subject

2) GENERATE YOUR OWN EXAMPLES

- Use your general knowledge and experiences about academic subjects to formulate your own examples
- Personal examples help demonstrate your understanding of the information
- Creating a personal example can enhance the likelihood of memorizing the information

3) THINK IN PICTURES, COLORS, AND SHAPES:

- Concrete images are more memorable than abstract ideas
- Associate mental pictures with academic content
- Use color to highlight important information in class notes and texts
- Use shapes to organize ideas (i.e. triangles, boxes, flow charts)

4) USE MNEMONICS: Memory training devices or ways of making associations to aid memory

- Rhymes
- Acronyms – collapse the beginning letters of a set of information into one or a few words
- Use the beginning letter of a set of information to create a sentence