



Memory Tips

Tried and True

Recite
Re-state
Relate
Re-group
Repeat!

Recite the information aloud. Try reversing order.

Re-state it in your own words. Explain it to a tutor.

Relate the idea to something you already know. Make connections.

Re-group and re-organize. Transfer the data into a table or chart.

Repeat! Repeat! Repeat!

And Don't Forget
the Benefits of
Sleep:

Alertness
Concentration
Increased memory*

*Studies suggest that dreaming plays a key part in processing and learning.

Use all 5 senses!

1. Sight
 2. Sound
 3. Touch
 4. Smell
 5. Taste
-

Create Sensory Cues

- SIGHT** Add web images to your notes or flashcards. Draw associations and [Visual Memory Triggers](#).
- SOUND** Rhyme or Sing. Set study terms and concepts to popular jingles and children's tunes.
- TOUCH** Use tactiles & blocks when appropriate. Create models when possible. Try attaching textures to concepts in notes and flashcards. Shuffle and flip flashcards while studying. Add motion. Repeat terms and concepts while dancing, exercising, pacing, or tapping in rhythm.
- SMELL** Scents possess the power of associative memory. Try color coding flash cards with scented markers, Or try reserving a special cologne, perfume, or scented lotion for test days. Wear it while reviewing The material the night before and during the exam.
- TASTE** Chew cinnamon or peppermint gum while studying, and again, while taking the exam. Some studies suggest that this improves memory by either association or by enhancing the senses: smell & taste.

Visual Memory Triggers

Create Visual Associations

Mnemonics Need to memorize a list? Create an acronym using the first letter of each term that you must memorize.

Example:

S Strategic
A Alternative
L Learning
T Techniques

Need to memorize a long series of steps in order?
Create a silly sentence using the first letter of a key word in each step.

Let's say you needed to memorize the following steps in developing a marketing strategy:

- 1) Identify the **broad** market
- 2) List customers' **needs**
- 3) Formulate **narrower** markets
- 4) Identify determining **dimensions**
- 5) Name possible **segment** markets
- 6) Evaluate the **behavior** of market segments
- 7) Estimate the **size** of each market segment

Identify the key words of each step.

Write down the first letter of each key word:

B, N, N, D, S, B, S

Create a silly sentence using the first letter of each word.

Example:

Bats **N**ever **N**otice **D**ancing **S**tars **B**efore **S**unset.

Memorize.

When taking a test, recall the sentence. Write it on the back of the test if necessary. Identify the terms associated with each part of the sentence, and then describe the steps.

Example: "**B**ats" – "**B**" stands for **Broad** as in "**broad market**." First, I must identify the "**broad market**."

Tips for Creating Vivid, Visual Triggers

- Make it silly
- Add colors & animals
- Use a thesaurus or picture dictionary
- Brainstorm with a friend or tutor
- Take your Time.