

THIRTEEN MEMORY TIPS

1. **Learn from general to specific** – before learning something new, get a general overview to use as a framework on which to hang specific details and examples
2. **Make it meaningful** – Why is this information relevant? What is the value in knowing this?
3. **Create associations** – relate what you're learning to something that you already know; use analogies and metaphors
4. **Learn actively** – manipulate and change the information in some way (ex. Create mind maps, diagrams, pictures, note cards)
5. **Reduce interference** – turn off music, study in quiet place, let the machine get your phone messages, put a note on your door that says you're studying, etc.
6. **Self-monitor what you've learned** – check yourself to make sure that you're learning (self-test using review questions, note cards, etc.)
7. **Check your attitude and anxiety** – know when your attitudes and/or anxiety are inhibiting learning
8. **Turn abstract ideas into concrete examples** – what is a real-world example of this complex concept?
9. **Distribute learning** – use many short sessions for studying instead of one marathon session right before the exam
10. **Remember something else** – when you get stuck and can't remember something, try to remember something that is related
11. **Stay away from studying similar topics at the same time** – this may lead to confusion
12. **Use mnemonics, or memory techniques** – create acronyms, songs, weird associations, etc.
13. **Avoid studying material in the same sequence** – occasionally start at the end or the middle