

Study Tips for Memorization

M
MAKE ASSOCIATIONS

It'll be easier to remember key ideas or facts if you think of something easy to remember. Something funny, odd, or you're already familiar. Form connections!

E
EXPLAIN THE IDEAS OUT LOUD IN YOUR OWN WORDS.

When you put it in your own words, it puts the information in a way that you're familiar with.

M
MAIN IDEAS

Make sure you understand the main idea before attempting to memorize details. Always learn from large to small (details) to large (concepts).

O
ONLY STUDY WITHOUT DISTRACTIONS

Television, laptops, cell phones, games, romantic partners, and friends can all make it hard to concentrate and harder to remember.

R
RELAX- JUST DO IT

Breaking study sessions up can help you retain information. It gives you time to process the information and let go of a little stress.

I
INFORMATION ALWAYS HAS A PATTERN

Find the connections. Ask yourself how details and facts relate to each other. Find cause and effect relationships.

Z
ZIP THE INFORMATION INTO YOUR HEAD WITH A QUIZ

Quizzing yourself teaches you to recall the information for tests. Try to test yourself similar to your exam. If you can do it in a similar setting, try that to decrease environmental stress.

I
INDIVIDUAL TOPICS SHOULD BE BROKEN UP!

Our minds remember info in categories and hierarchies. If you break the subject up into sections, it will be easier to remember.

N
NEVER CRAM!

Trying to memorize material the night before doesn't give your brain time to store it. You'll lose 80-90% of the information and just be tired and frustrated.

G
GIVE YOURSELF TIME TO REMEMBER

Straining your mind doesn't work, so if you can't remember information, come back to the question later.