



Study Skills Workshop: How to Remember for Tests

This video shares two memory exercises designed to teach you how to remember more of what you read in textbooks and how to organize material to increase your understanding and retention of information. Your memory can work better than you think it can!

Let's get started with your participation in an exercise. You'll need paper and a pen or pencil ready. But set it aside for the beginning of this activity.

16-Word Activity

Concentrate on the words presented.

Now write the words you remember down here. Any order will do. Pause the video if you need some more time to finish your list.

Now let's go back over your list. Follow Scott's directions of placing a 1 next to any of the words he said. Now place a 2 next to any of the words he listed then. Now count how many #1 words and #2 words you remembered and write down those 2 totals. #1: _____. #2: _____
Follow the video. OK, here's what you need to know how this relates to your textbook reading.

As you watch Scott's discussion here maybe jot down the 3 habits mentioned so you can think about modifying how you can better approach your chapter readings. Why not try to use your memory better!

Habit #1

Why is it helpful to divide your reading up into smaller chunks?

Habit #2

What is the benefit of taking short 5-minute breaks when reading for longer periods of time?

Habit #3

What is the importance of repetition through immediate review?

Vocabulary & Definitions

Flashcard Studying

1 Flash Card Strategy

Wrong Way	Better Way
1.	1. 2. 3. 4.

Handout Info

Jot down a few ideas with each point that is shared.

Reasons Why People Forget (front of handout)

1. Negative Self-Concept:

3. Forgetting Through Disuse:

4. Changed Cues:

Ways to Improve Your Memory (back of handout)

1. Match your memory approach to the material you need to learn:

Rote:

Understanding:

3. Sleep on it:

Which textbook strategy will you use immediately to help with your study preparations?

Congratulations on completing this video workshop! You might want to continue with your look into studying for tests by checking out the *Memory Tricks* video. Together these might provide you with a range of techniques and tools to help you better prepare for your tests.