**TIPS FOR MEMORIZING**

- **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!

- **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.

- **MAKE SURE YOU UNDERSTAND THE MAIN IDEA** before attempting to memorize details. Always learn from large to small, never from small (details) to large (concepts).

- **ONLY STUDY WITHOUT DISTRACTIONS.** Television, laptops, cell phones, games, romantic partners, and friends can all make it hard to concentrate- and harder to remember.

- **RELAX FROM TIME TO TIME.** Breaking study sessions up can help you retain information. It gives you time to process the information and let go of a little stress.

- **INFORMATION ALWAYS HAS A PATTERN.** Find the connections. Ask yourself how details and facts relate to each other. Find cause and effect relationships.

- **ZIP THE INFORMATION UP INTO YOUR HEAD- QUIZ YOURSELF!** Quizzing yourself teaches you to recall the information for tests. Try to test yourself similar to your exam.

- **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.

- **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.

- **GIVE YOURSELF TIME TO REMEMBER.** Straining your mind doesn’t work, so if you can’t remember information, come back to the question later.