

TIPS for

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

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).

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 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.

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

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.