**TIPS FOR ENHANCING YOUR MEMORY**

**REPETITION**

The simple act of **repeating** something can help you memorize new information.

**STUDY TECHNIQUES THAT RELY ON REPETITION**

**MULTIPLE READING PROCESS**

- **Preview** – Read the chapter name, headings, and subheadings. View pictures, graphs, and charts. What first impressions do you have about the reading?
- **Overview** – Read the first sentence of each paragraph. What new information do you have?
- **Read** – Read each section in its entirety. What new information have you learned?

**SQ4R**

- **Survey** – Read the chapter name, headings, and subheadings. Look at pictures, graphs, charts, maps, cartoons, illustrations. Notice **bold** and **italicized** words. Review sidebars, quizzes, review or reflection stops, end of chapter review/analysis/summary, and discussion/thinking questions.
- **Question** – As you survey the reading, ask yourself “who”, “what”, “when”, “where”, “why” and “how” type questions. Predict what test questions could be asked based on this reading.
- **Read** – Break up your reading over time. Look for the answers to questions you asked. Read when you have time to focus on the material. Highlight, underline, and annotate the text.
- **Recite** – Read and answer your questions aloud.
- **Record** – Take notes on and annotate the reading. Write down key points of information. Taking notes engages your critical thinking skills and is beneficial retaining information for later recall.
- **Review** – Study your notes, annotations, answers to questions, and make flashcards.

**SELF-TESTING**

- **Guess-and-Check** – Great for memorizing formulas
- **Retrieval Practice** – Practice retrieving knowledge from your memory while studying. Do not simply read over your notes without trying to recall the information on your own. Test your knowledge!

**EXAGGERATION**

Extreme, wild, or silly examples or images can help us remember new information.

**STUDY TECHNIQUES THAT RELY ON EXAGGERATION**

**MNEMONIC DEVICES**

- Sweaty Monkeys Chase Red Ducks Every New Year’s Eve (Systems of the Human Body)
- Every Good Boy Deserves Fudge (Treble Clef notes)
• Please Excuse My Dear Aunt Sally (Order of Operations)

**SONGS, RHYMES, JINGLES, ALLITERATION**

- Have you ever memorized a radio or television jingle by accident? Or perhaps you still remember the words to a song that you have not heard in years. There is a reason why songs are so catchy.
- Humans have very strong auditory memories.
- Turn everything you need to know for a test into a song. It will be easier for you to remember.
- **Examples**: The Alphabet Song, Fifty Nifty United States

**ASSOCIATION**

Memories can be made even stronger when you link them to information you already know well.

**STUDY TECHNIQUES THAT RELY ON ASSOCIATION**

**SIMILAR SOUND TECHNIQUE**

- This technique helps you to memorize the meaning of unfamiliar vocabulary words by associating them with word sounds that you know.
  - **Example**: Claustrophobia
    - Claustrophobia = Santa Claus
    - Santa Claus is afraid of getting stuck in a chimney.
    - Claustrophobia = fear of small or enclosed spaces.

**MEMORY PALACES**

- This technique allows you to build new information into an associated location. Think of a location or place that you know the layout of really well. Imagine yourself walking through this location.
- **Now, in your mind, place new information in these rooms.**
- Somehow associate or create an image in your mind of that information with the room.
- **Example**: Remember the order of the planets by associating each planet with places in your home.
  - Front Door = Mercury
  - Hallway = Venus
  - Living Room = Earth
  - Kitchen = Mars
  - Bedroom = Jupiter
  - Bathroom = Saturn
  - Closet = Uranus
  - Backyard = Neptune

**VISUALIZATION**

Humans have an easier time remembering visual information than abstract information.

**STUDY TECHNIQUES THAT RELY ON VISUALIZATION**
NUMERIC PEG SYSTEM

- Great for memorizing items in correct order or on a list.
- Each number is associated with a memorable object or item that looks like or rhymes with that number.
- There is no right or wrong way. Create your own pegs.
- Example: 1 = Pencil, 2 = Swan, 3 = McDonalds (arches), 4 = Chair, 5 = Hook
- Now visualize an extreme example of each item on your list along with the associated object or item.
- Interested in learning more about the Numeric Peg System? Watch this video from MooMooMath and Science on YouTube.