

MUST MEMORIZE?

TRY THESE THREE TIPS!

Mnemonic Devices (see Mnemonic Devices handout) help with Memorizing, but college courses require you to Memorize, Understand, and Apply Information. These 3 Tips, when practiced regularly, can help!

1. KEEP UP!

Memorizing academic material does not happen in one massive study session. Learn new material and review old material early and often.

HOW TO DO IT:

- ✓ Review notes daily
- ✓ Stay current in reading
- ✓ Solve problems
- ✓ Apply new material to old material
- ✓ Quiz yourself

2. TAKE BREAKS!

Be honest—how long can you *really* concentrate on one topic? That is how long your study session should be. When your mind starts to wander, it's time to do something different.

HOW TO DO IT:

- ✓ Stand up and move around
- ✓ Get a snack or a drink
- ✓ Change to a new subject
- ✓ Try a different way of studying, like using a textbook website, doing some problems, or quizzing yourself on what you know

3. EXPERIMENT!

There are lots of different ways to memorize. Try a variety of methods for different subjects.

HOW TO DO IT:

- ✓ Associate: Relate information to something you already know
- ✓ Visualize: Organize the information by creating a picture, drawing, chart or graph
- ✓ Verbalize: Summarize information aloud, quiz with a friend
- ✓ Use Mnemonics: see *Mnemonic Devices* handout

Need More Ideas? See more Memory handouts at the CSL's Online Library, or browse the Handout Racks at the CSL Study Skills Lab

