

**IMPROVE YOUR MEMORY,
IMPROVE YOUR GRADES**

Student Success Workshop



WHY WE FORGET?

1. “Mental over-crowding” – Too much information
2. Not connecting to the information we are learning
3. Utilize cramming techniques when studying
4. Lack of interest
5. Negative self-concept



HOW WE CAN REMEMBER

#1 Too much information:

- **Take your time to concentrate on the information**, not how quickly you can get it done, when you begin reading, studying etc.
- **Give your most intense attention to what is new**, difficult, and most important to remember.
- **The best time to review is immediately after initial learning has taken place.** We forget most items in the first 24-48 hours. Periodically review so that forgetting has less of a chance to take place.



HOW WE CAN REMEMBER

#2 – Not connecting to the information we are learning

- **Take brief notes** in your own words when reading or attending a lecture. Review your notes immediately after you have finished reading or left class to help connect with and remember the information.
- **Over-learn the information** - If you can recall a fact instantly, you have over-learned it. The more important and difficult the information, the more you should over-learn it and reinforce your memory with frequent reviews.



HOW WE CAN REMEMBER

#3 – Avoid cramming

- **Plan out your study time** several days before your test.
- While studying, **quiz or self-test yourself**.
- **Work with a study partner or group**. Try making the idea clear to a friend without referring to your book or notes.
- **Study, then sleep**. Freshly learned material is better remembered by most people after a period of sleep rather than after a period of daytime activity when distractions and interference can take place.



HOW WE CAN REMEMBER

#4 Lack of interest

- **The more experience or knowledge you have on a topic, the more interest you will have.** Take part in or instigate discussions on the problems, issues, and subjects you are reading about. Share your ideas with friends and family.
- **Gain experience on a topic through research.** Make connections with what you are learning to establish meaning.



HOW WE CAN REMEMBER

#5 – Think Positive!

- **Pay attention and focus on the material.** Nothing else should enter your mind.
- **Trust and believe** in your ability to remember. Build your confidence as you review the information.



TIPS TO IMPROVE YOUR MEMORY

Grouping

Rearrange large numbers of items into smaller units of logical or artificial groups.

Examples:

Arrange a large series of numbers into smaller groups:

568324814



568 324 814



TIPS TO IMPROVE YOUR MEMORY

Rhyming

Use the poetic methods of sound in rhyming, rhythm or alliteration.

Examples:

- Grammatical rule: I before E except after C.
- In fourteen hundred and ninety-two, Columbus sailed the ocean blue.



TIPS TO IMPROVE YOUR MEMORY

Spelling

Take the first letters or syllables to form a new word that spells out the information.

Examples:

- **H.O.M.E.S** (The 5 Great Lakes: **H**uron, **O**ntario, **M**ichigan, **E**rie, **S**uperior.)
- **ROY G. BIV** (The 7 colors of the visual spectrum: **r**ed, **o**range, **y**ellow, **g**reen, **b**lue, **i**ndigo, **v**iolet.)



TIPS TO IMPROVE YOUR MEMORY

Narrating

Use the imaginative process to create a sentence, a story, a cartoon or a visual picture.

Example:

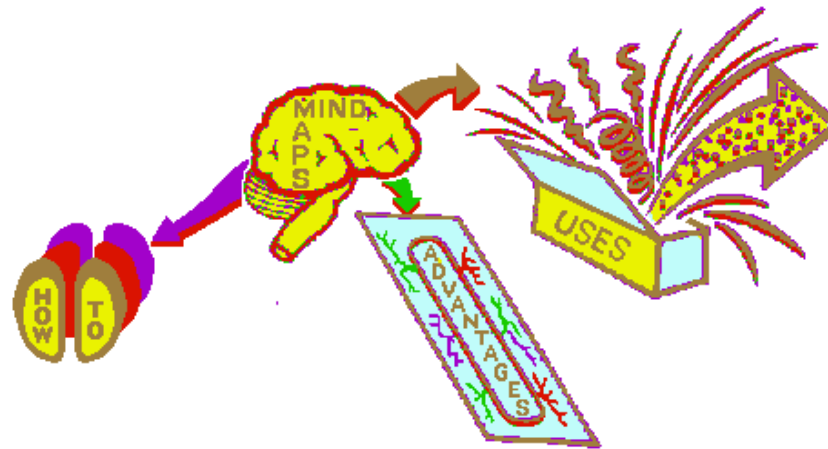
- Every Good Boy Does Fine (Notes of the musical scale)



TIPS TO IMPROVE YOUR MEMORY

Mind Mapping

Create a representation of the relationship between major ideas, sub categories, and supporting details to see how various topics connects with one central idea.



TIPS TO IMPROVE YOUR MEMORY

Linking

A method of remembering lists that is based on creating an association between the elements of that list using words or your imagination.

For example – Your grocery list

- Can of soup
- Box of cereal
- Loaf of bread

You can create a story that incorporates these items. Or, you can mentally picture an image of the items on the list, next to each other.



USING YOUR SIX SENSES TO REMEMBER



Sight

- Use charts, diagrams, or pictures in textbooks as a way to relate to the reading or lecture.
- Create your own visuals - charts, diagrams, pictures, or index cards - post the diagrams and pictures where you'll see them often.
- Highlight your notes as well as your textbook
- Use different colored pens for different parts of a chart or diagram (ex: a chart contrasting the positions of the Republicans and the Democrats on various issues -one color for one side, another for the other side)
- Consider the visual aspect of your notes; leave lots of space (don't crowd); indent to show relationship of ideas.



USING YOUR SIX SENSES TO REMEMBER



Hearing

- Includes hearing yourself -in other words talking to yourself!
- Use a voice recorder while taking notes
- Discuss what you are learning in your classes



USING YOUR SIX SENSES TO REMEMBER



Touch

- Drawing and writing uses motor pathways to help you remember. Rewrite your notes to help remember the information.
- Make use of shapes:
 - associate an idea, words, formulas, etc. with points on a shape (triangle, steps, star, etc.)
 - make use of a shape in your everyday life (arrange your notes in a circle in your room, for example)

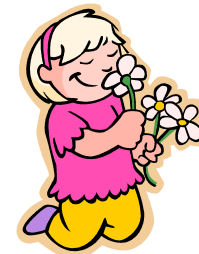


USING YOUR SIX SENSES TO REMEMBER



Taste

- Associate hot taco sauce with ???



Smell

- Associate pine smell with ???



USING YOUR SIX SENSES TO REMEMBER

Sixth sense

- Your intuition --your sense of "rightness" about something. This sense can be a powerful aid to concentrating and remembering.



INFORMATION OBTAINED FROM:

- http://www.dvc.edu/english/Learning_Resources/WhyWeForgetAndHowToImproveMemory.htm
- Handout created by Evelyn Garabedian of the DVC Learning Center. Copyright 2003.
http://www.dvc.edu/english/Learning_Resources/WhyWeForgetAndHowToImproveMemory.htm
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- http://www.mindtools.com/pages/article/newTIM_01.htm

