

# MEMORY TECHNIQUES

## Why are memory techniques important?

It can be challenging to remember new information. To learn new concepts, it takes time and effort as the information needs to be impressed in the brain. Schedule study sessions to help you stay on task and review the information. There are many memory techniques that can help you retain information. Different techniques will work differently for each learner.

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## 10 Memory Techniques to Enhance Learning

### Selectivity, *picking and choosing*

- ◆ Identify & separate main ideas/ important details from the body of information. Use syllabus, textbook, and notes to identify recurring themes, concepts and main ideas. Be selective about information you focus on processing.

### Association, *linking ideas*

- ◆ Create visual or auditory cues to link two or more pieces of information. Create associations with words, phrases, pictures, numbers, tunes, personal experiences, familiar objects, mnemonics, or expressions.

### Visualization, *seeing in your mind*

- ◆ Make pictures/movies in your mind, rehearse frequently, check accuracy of your visual memory to use technique.

### Elaboration, *encode in new ways*

- ◆ Ask *why* and *how* questions to encode information, activate critical thinking skills, and increase comprehension.

### Concentration, *focus*

- ◆ Eliminate distractions, work on one task at a time, and ask questions to yourself about what you are learning.

### Recitation, *explaining out loud*

- ◆ Explain information out loud and in full sentences without looking at any notes or text.

### Intention, *a purpose and a goal*

- ◆ Create a plan of action that shows how you will reach your goal, select appropriate strategies to achieve goal

### Big & Little Pictures, *concepts and details*

- ◆ Identify levels of information. Big pictures are schemas, themes, concepts, and main ideas. Little pictures are definitions, details, facts, or examples.

### Feedback, *self-quizzing*

- ◆ Confirms how well you know or do not know the information. Recite often. Use feedback throughout all stages of the learning process.

### Organization, *regroup or structure logically*

- ◆ Arrange ideas and information in a logical way (i.e. categories, lists, charts, timelines, etc.) Organize information in ways that make sense to you.

### Tip for Success

Implement the practice of **Ongoing Review**, also called repeated practice. Review information regularly so concepts and ideas do not fade or become confusing.



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Mnemonics are a memory tool that serve as bridges to recall information.

Acronyms: Find a word that is made by taking the first letter(s) of main ideas or key words.

Chaining: For ordered lists, create a story where each word or idea you have to remember is a cue to the next idea you need to recall.

Image-Name Technique: To help remember names, invent a relationships between the name and the physical characteristics of the person.

Numbers to Words: Convert the numbers into words with the same amount of letters as there are in each digit. Then create a sentence with words which match the number you need to memorize.

Rhymes: Use rhyming or rhythms to remember facts, figures, dates, etc.

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In the chart below write down your courses and two memory techniques that you can use to help you succeed in that course.

Course	Memory Technique #1	Memory Technique #2

## RESOURCES

University Counseling Service 3223 Westlawn South 319-335-7294 ucs@uiowa.edu <a href="http://counseling.studentlife.uiowa.edu/">http://counseling.studentlife.uiowa.edu/</a>	Academic Support & Retention 310 Calvin Hall 319-335-1497 tutoriowa@uiowa.edu <a href="http://tutor.uiowa.edu">http://tutor.uiowa.edu</a>
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Works Cited:

<http://www.collegeatlas.org/how-to-retain-information.html>  
[www.cf.edu/.../SLS1502%20chapter%203%20power%20points.ppt](http://www.cf.edu/.../SLS1502%20chapter%203%20power%20points.ppt)  
Memory 101 for Educators, by Marilee Sprenger