

Memory Techniques

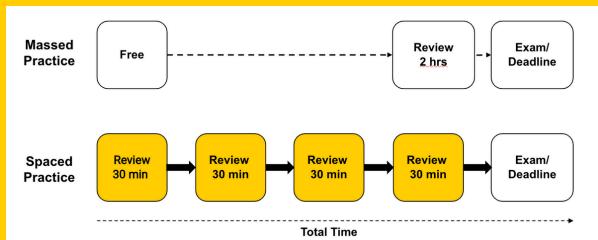


Let's Get Strategic!



Spacing

- Review material over multiple days for shorter bursts rather than one long session



- This practice is already used when learning how to play a sport or learn an instrument!

Self-Testing

- Make yourself actively recall the material from your memory!
- This can be through flashcards, Quizlet, or practice tests!

Teaching Others

- Rather than rereading, try teaching or explaining what you've learned to someone!
- If you're having trouble explaining something, you may not remember it as well as you think you do!

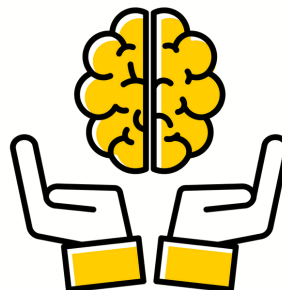
Know your Resources!



Tutor Iowa



Help Centers



You've
got this!