

# Ways to Aid Your Memory

Learn some  
**INTERESTING**  
methods to  
remember  
academic  
material



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# FLASHCARDS

Flashcards can be used to remember concepts, lists, formulas, and facts.

You can use flashcards to list the definition and all examples of a concept. This helps when studying for application-type questions on a test.

When remembering the who, when, what, why, and how of historical events such as wars or movements such as the civil rights movement, flashcards are also very useful.



# VISUALIZATION

- ▶ **This helps especially if you are a visual learner. Writing down what you want to memorize and staring at it aids a visual learner. There is something about seeing the information in your own handwriting that aids the memory.**
- ▶ **You can actually close your eyes and see it in your mind if you have looked at it enough times.**

# USING MULTI-SENSES

- ▶ By using your visual, auditory, and kinesthetic senses at the same time, you are more actively stimulating your brain to remember information.
  - ▶ For example, if you write out something while saying it out loud, you are seeing it, hearing it, and physically involved in the learning of the material.
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# CATEGORIZE OR GROUP INFORMATION

- ▶ When you use lists or diagrams to group related items together, it makes it so much easier to remember!
- ▶ This can be used for:  
difficult concepts, facts, ideas, terms



# RBS

- ▶ Review before you sleep!
- ▶ Some experts say that review before sleep helps the brain to commit the information to memory. However, to feed the long term memory, you must review multiple times over a period of time (7+ times over days of time).
- ▶ Keep in mind that if you are too sleepy (in other words you cannot stay awake for long to study), then this method will not work well. In that case, study when you are most alert!

# ACRONYMS

- ▶ Using acronyms like HOMES can help you to remember information. HOMES stands for Huron, Ontario, Michigan, Erie, and Superior which are the Great Lakes of our great nation!
- ▶ Another example is the local name for our Student Support Services program: STEP, Student Transitional Education Program.



# MAKE UP A SILLY SENTENCE!

- ▶ When you have to remember a list of words, make up a silly sentence that uses the first letter of each word. For example, Please excuse my dear Aunt Sally (PEMDAS). That stands for polynomials, exponentials, multiplying, dividing, adding, and subtracting. That is the order of operations in math.
- ▶ You can even use this method when memorizing the main causes of some event in history, such as World War II, by using the first letter of key words to make up a silly sentence.

# LOGICAL OR SIMPLE CONNECTIONS

- ▶ Examples of this strategy include:
  - Homer wrote The Odyssey. Think, “Homer is an *odd* name.”
  - To remember which way blood flows, think “arteries take the blood away.” That means the veins take it back to the heart.
  - To remember which state is Vermont and which is New Hampshire, think, “Vermont is shaped like a V.” Therefore, New Hampshire is the other state.



## SILLY ASSOCIATIONS AND RIDICULOUS VISUAL IMAGES

- ▶ These can help trigger your memory as well.
- ▶ Examples include:
  - \* Hawthorne wrote The Scarlet Letter. You should visualize a large red letter A that has a big thorn sticking out of it and saying, “Ha!”
  - \* Australia is known as the land down under. Picture it “looking” at you from the underside of the world.



# UNDERSTAND THE MATERIAL!

- ▶ You must first understand the material that you are trying to remember. If you do not understand something, make sure to ask your instructor questions. You may also seek some tutoring through the TRiO program in certain subjects.
  - ▶ You must also be able to understand a topic from different angles. If you can only look at something one way, you do not truly know it!
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# REVIEW OFTEN AND MANY TIMES

- ▶ The more you review something, the more you feed your long-term memory. You must look at something AT LEAST seven (7) times before it even BEGINS to get into your long-term memory. If you just recognize something on the test, but you cannot remember fully what you studied about it, you have fed your short-term memory. You must also know the material from different angles so you can answer application-type questions. This is where you KNOW the information and you can APPLY what you know to answer the question correctly.

We hope you enjoyed this workshop and gained lots of valuable information to help you as you study! Please fill out your evaluation now. Please print, fill out, and return the evaluation to Patricia Nicholas, Rm. 114, Bldg. B; Kayla Owens, Rm. 110, Bldg. B; or Tawanie Shanks, TRiO lab, Bldg. B.

- ▶ Some of the information contained in this presentation was obtained from the booklet, How to Get Good Grades in College by Linda O'Brien, 2008 edition, published by Woodburn Press.
- ▶ The information in this workshop is for educational purposes only and is not to be sold.