**Memorization Tips**

**Knowing More & Remembering it Longer**

**Here are some valuable strategies for any task involving memorization! Please talk to the text on this tip sheet. What do you already do? Does it work for you? Can you add any of these strategies in to your current study routine? Do you know these strategies work but you just don’t make the time commitment to actually do it? Tell me what you think as you read through this article.**

1. **Select**
   * Select what you want to remember.
   * Ask the teacher
   * Examine your class notes
   * Read the text assignments
   * Study the handouts
2. **Remember**
   * Choose your techniques that will help you remember.
   * Some techniques include
     1. Visualize
     2. Associate
     3. Apply
     4. Repeat
     5. Use mnemonic devices
3. **Review, Read, Recite, Rewrite**
   * Use these techniques to keep what you want to remember in your memory.

**Common Mnemonic Devices Used to Remember Information**

* **Rhyme**. A rhyme is a poem or verse that uses words that end with the same sound. Example: Thirty days has September, April, June, and November. All the rest have thirty-one except February which has twenty-eight.
* **Acronym**. An acronym is a word that can be pronounced that is made by using the first letter of other words. Example: The names of the five Great Lakes in the U.S. form the acronym HOMES (Huron, Ontario, Michigan, Erie, Superior).
* **Abbreviation**. An abbreviation is a group of letters made from the first letter of each word to be remembered. Example: FBI is an abbreviation for the Federal Bureau of Investigation.
* **Acrostic**. An acrostic sentence or phrase is formed by words beginning with the first letter of each word to be remembered. Example: The phrase very active cat might be used to recall the three typed of blood vessels in the human body: veins, arteries, capillaries.

**Using Repetition to Remember Information**

* You have probably used repetition many times without realizing it. Anytime you have read, said, or written something a number of times to remember it, you have used repetition. A good way to remember information when using repetition is to read, say, and write what you want to remember. For example, if you need to remember a list of words and their definitions, here is how to use repetition to do this:
  + Read aloud the word and its definition, or the question and answer. (Strategies: Create flash cards, make or use an online review … like quizlet)
  + With your eyes closed, say the word and its definition.
  + Without looking at the word, write the word and its definition.
  + Repeat the steps until you can write the word and its definition from memory three times without an error. (Or practice with your flash cards until you can say them without error)
  + Do this for each word/item on the list.

**Four Ways to Forget**

* **Disuse**. Information not periodically used withers and disappears. Do you remember all of your previous telephone numbers?
* **Interference**. It is easy to confuse materials that are similar and related. When confused, we are more likely to forget which is which. Learning two similar foreign languages at the same time may present some problems.
* **Repression**. We have very strong systems of belief. Sometimes what we learn doesn't fit with what we believe. When in conflict, odds are our beliefs will win. Believing that we are no good at remembering names will make it all that much more difficult to learn new names.
* **Not learning it in the first place**. This is probably the number one culprit in forgetting. Even if we've been exposed to something, unless we solidify the learning we are not likely to remember it.