

Memory Strategies

Freshman Seminar, Ellet High School

Make It Your Own: Consider your general knowledge and experiences and relate them to what you are studying. Don't just listen to the examples given by the teacher. Make your own examples. When you can generate your own examples, you demonstrate your understanding, and your memory is enhanced.

Use Mnemonics: Mnemonics are memory training devices or ways of making associations to aid in remembering. There are many types of mnemonics and, no doubt, you will have used some of them.

- **Rhymes** can be powerful; psychology students will recognize Freud's personality theory in the little rhyme, "Id is the kid!"
- **Acronyms** collapse the beginning letters of a set of information into one or a few words; in trigonometry, you can use SOHCAHTOA for right-angled triangles; in French you can use DR and MRS VANDERTRAMPP for verbs that conjugate with être.
- The **beginning letters** of a set of information can be built into a sentence; for biology you might recognize Kings Play Chess On Frosted Glass Surfaces. HOMES are the Great Lakes (Huron, Ontario, Michigan, Erie, Superior.)

Repetition: Repeat it, repeat it, and repeat it. Sometimes tape recording yourself or videotaping yourself saying the material and playing it back and watching it over and over can also help remember the material.

Mental Visualization: Make a mental picture of what needs to be remembered. By visualizing, you use an entirely different part of the brain than you do by reading or listening.

Association: Associate facts with something familiar to you.

Consolidation: When you make a list or review your notes right after class, you are using the principle of consolidation.

Put It To Music: Try taking the information and putting it to music.

Works Cited

Central Connecticut State University. *Memory Strategies*.
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Effective Memory Strategies. <http://www.sdc.uwo.ca/learning/memory.html>

Skills4Study. *Memory*.
<http://www.palgrave.com/skills4study/html/memory/memory.htm#useful>