

Practical Tips for Improving Memory

1. Keep up with assignments.

- You won't have to learn too much at one time.
 - Make an assignment schedule for each week.
 - Make daily to-do lists.
 - Reward yourself for completing work.

2. Review lecture notes each day.

- Make up study questions from the key points and quiz yourself.
- Play Jeopardy.

3. Take breaks while studying.

- You won't be so tired, and you can focus better.
 - Stand up after 20 minutes.
 - Switch to a different subject.
 - Write, draw and talk out loud.

4. Study actively.

- Pay attention to the major headings when you read.
- How many headings are there? How are they related?
- Read the chapter summary.

5. Look for the main ideas.

- The details will cluster around these ideas and be easier to remember.

6. Test yourself as you study.

- Stop and try to tell yourself what you've learned -- in your own words.
- Consider using Flash or Q Cards

7. Keep reviewing after you feel you know the information.

- The information will be more firmly embedded in your memory.
- Make sure you can put ideas in your own words.

8. Get enough sleep.

- Lack of sleep has negative effects on your ability to remember.

9. Organize information in categories and label (name) the categories.

- Your memory is a filing system -- you need organization and labels.

Adapted from Ohio University Academic Advancement Center Study Tips