

20 Memory Techniques

Becoming a Master Student by Dave Ellis

Organize it. Organized information is easier to find

1. Learn from the general to the specific.
2. Make it meaningful.
3. Create associations.

Use your body. Learning is an active process; get all your senses involved

4. Learn it once, actively.
5. Relax.
6. Create pictures.
7. Recite and repeat.
8. Write it down.

Use your brain. Work with your memory, not against it.

9. Reduce interference.
10. Over learn.
11. Escape the short-term memory trap.
12. Use daylight.
13. Distribute learning.
14. Be aware of attitudes.
15. Choose what not to store in memory.
16. Combine memory techniques.

Recall it. This is easier when you use the other principles to store information.

17. Remember something else.
18. Notice when you do remember.
19. Use it before you lose it.
20. And remember, you never forget.