

## Memory Strategies

Memory strategies will only work if you are selective because it is impossible to remember everything. Select material on past quizzes, assignments, and teacher lectures. Make use of any study sheets or test outlines.

1. **Silly Sentences (Acrostics)** – Use the first letter of each word to create a sentence.

To memorize the planets in their order from the sun:

Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus, Neptune, Pluto

→ My very educated mother just served us nine pizzas.

2. **Wacky Words (Acronyms)** – Use the first letter of each word to form a word.

To memorize the Great Lakes:

Huron, Ontario, Michigan, Erie, Superior

→ HOMES

3. **Rhymes & Songs** – Create a catchy verse to help remember terms or facts
4. **Chunking** – Putting information that is similar together into groups.

Grocery list:

-apples, bananas, oranges

-egg

-chicken, hamburger

-Mr. Clean, paper towels, Tide

5. **Roman Room** – Imagine a familiar room and the objects within it. To remember the information you take a tour around the room in your mind visualizing the known objects and associating them to things that you need to remember.
6. **Visual Emphasis** – Highlighting can help with memory. Making things stick out will jog our memory.

Color – Using different colors also help. Important headings as well as important points can be written in different color than the rest of the material.

Underlining or Boxing – To learn the main points of notes or text, underlining and boxing

help limit the important information to be remembered.

7. **Visualization** – Actually picture in your head something that is to be remembered. This is especially useful when memorizing terms or vocabulary. Ask yourself if there is any part of the word that looks or sounds familiar. Use this to make your picture that directly relates to the meaning of the word.
8. **Rehearsal** – This is the simple process of reviewing information over and over again until it is retained and can be recalled easily.
9. **Take Breaks** – Beginning and end points are high points of recall. Taking frequent breaks, 2-10 minutes long result in a more rested brain, more beginning and end points, and increased comprehension. This leads to improved recall and understanding, more high points of recall, and a firmer foundation for new learning.
10. **Study Cards** – Study cards are portable and easy to use. They are effective for studying small bits of information, information that needs to be learned through repetition, and reference information such as charts. Cards can be reviewed during short periods when you have some time, and the information is quick and easy to find.

On one side of the card:

-vocabulary, math formula, diagram, question

On the other side of the card:

-definition, sample math problem/explanation, detail explaining diagram, answer to question.

11. **Routine** – Make studying a habit. Study at the same and in the same place every day.
12. **Play games to improve your memory** – Scrabble, Boggle, Suduko, Cross Words, Battleship, Yahtzee...

Information adapted from:

Davis, Sirotowitz, & Parker. (1997). Study strategies made easy. Plantation, FL: Specialty Press Inc.  
Buzan, T. (3<sup>rd</sup> Ed.). (1991). Use your perfect memory. New York, NY: Penguin Group.