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**Memory**

**Time Impacts Memory**

* [Curve of Forgetting](https://uwaterloo.ca/campus-wellness/curve-forgetting) (University of Waterloo)
* [Spacing Learning Events Over Time](http://wp.phase-6.com/wp-content/uploads/2013/06/Spacing_Learning_Over_Time__March2009v1_.pdf) (Will Thalheimer)
* [How to Remember More of What you Learn with Spaced Repetition](https://collegeinfogeek.com/spaced-repetition-memory-technique/) (Thomas Frank – College Info Geek)
* [Spaced Practice Study Method](https://static1.squarespace.com/static/56acc1138a65e2a286012c54/t/57f27b5bcd0f681fb4abc9e2/1475509083742/Spaced%2BPractice.pdf) (The Learning Scientists)

**Memory Techniques**

* [Metacognition Skills/Strategies](https://uwaterloo.ca/student-success/sites/ca.student-success/files/uploads/files/TipSheet_Metacognition.pdf) (University of Waterloo)
* [Remembering](https://www.ucc.vt.edu/academic_support/study_skills_information/remembering.html) (Virginia Tech)
* [My Favorite Memory Tools](http://www.nelsondellis.com/blog/2017/10/23/my-favorite-memory-tools) (Nelson Dellis)
* [The Most Powerful Way to Remember What you Study](https://www.youtube.com/watch?v=eVajQPuRmk8) (Thomas Frank – College Info Geek)
* Enhancing Memory
* Memory Strategies
* [Improving Concentration](https://www.douglascollege.ca/-/media/4A025AF9685047C6AE0111F73F7AFC89.ashx?la=en) (Douglas College)
* [Improve your Concentration](https://uwaterloo.ca/student-success/sites/ca.student-success/files/uploads/files/TipSheet_ImproveConcentration.pdf) (University of Waterloo)
* [Exam Preparation and Memory](https://www.douglascollege.ca/-/media/4345BFB77BD94AADA5EADEB8EF937D61.ashx?la=en) (Douglas College)
* [Remember What you Learn](http://algonquincollege.libguides.com/studyskills/memorizing) (Algonquin College)
* [Take Regular Breaks](https://collegeinfogeek.com/breaks/) (Thomas Frank – College Info Geek)