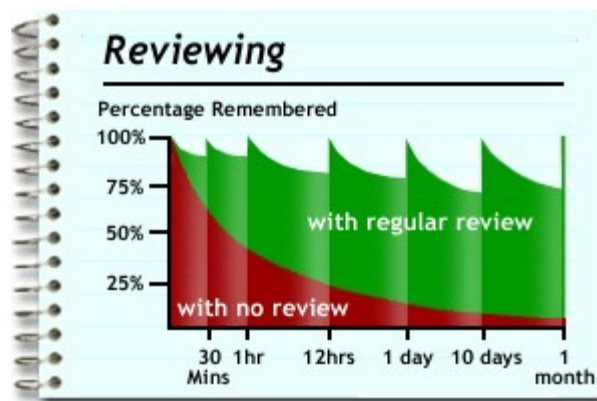

MEMORIZATION AND REVIEW

Statistics have shown that 80% of what you learn in class is forgotten within 24 hours. That means that by the time you start studying for those finals, you are not *reviewing* for a test, you are *relearning* the material. That is a waste of your time. One way to keep key points and ideas in your brain is to review what you have learned. Your notes will play a major role in memorization and review. In this section you will be introduced to simple ways of remembering concepts, lists, and ideas. Find what works for you and practice it.

Remember: reviewing on a regular basis will save you time and stress in the future.



Basic Memory Tips

- Review your notes, materials, handouts right after your class or session. The more you review, the more you remember.
- Reviewing doesn't just mean rereading; try to spice things up when you review. For example: try typing out your hand-written notes, color on them, make flashcards, etc.
- Pay close attention to the thing you wish to remember—get a clear, sharp impression of the face, name, date, or fact you'll need to recall later on.
- Intend to remember. The mere intention to remember puts the mind in a condition to remember.

- Use association. In order to recall those important facts, associate the new ideas with facts or ideas you already have in your mind.

Methods of Remembering

Acronyms

An acronym is an invented combination of letters. Each letter is a cue or suggestion to the item you need to remember.

PEMDAS, sequence in solving or evaluating math equations
Parentheses, **E**xponents, **M**ultiplication, **D**ivision, **A**ddition,
Subtraction

IPMAT, the stages of cell-division
Interphase, **P**rophase, **M**etaphase, **A**naphase, **T**elephase

Acrostics

An acrostic is an invented sentence or poem with a first letter cue: the first letter in each word is a cue to an idea you need to remember.

Please **E**xercise **M**y **D**ear **A**unt **S**ally, from PEMDAS above
Parentheses, **E**xponents, **M**ultiplication, **D**ivision, **A**ddition,
Subtraction

Every **G**ood **B**oy **D**eserves **F**un, G-clef notes on a music sheet
E, G, B, D, F

Key Word Method (for languages)

First, after considering the foreign word you need to remember, select a key word in English that sounds like the foreign word. Next, imagine an image which involves the key word with the English meaning of the foreign word.

For example, consider the Spanish word "cabina" which means "phone booth." For the English keyword, you might think of "cab in a" You could then invent an image of a cab trying to fit in a phone booth. When you see the word "cabina" on the test, you should be able to recall the image of the cab and you should be able to retrieve the definition "phone booth."

Image-Name Technique

Simply invent any relationship between the name and the physical characteristics of the person.

For example, if you had to remember Shirley Temple's name, you might ingrain the name in memory by noticing that she has "curly" (rhymes with Shirley) hair around her temples.

Chaining (for ordered or unordered lists)

Create a story where each word or idea you have to remember cues the next idea you need to recall.

For example, if you had to remember the words Napoleon, ear, door, and Germany, you could invent a story of Napoleon with his ear to a door listening to people speak in German.