Memory Techniques
for Coastal Carolina Students

“Smart Student Series”
By the
Office of Accessibility and Disability Services
Keep it Meaningful

- Make yourself familiar with the information being taught because it will be easier to remember.
- Making up rhymes helps give meaning to what you are learning.
- One of the most effective ways to make something meaningful is to find a pattern, rule, or another close relationship in the material.
- Try using acronyms (a word that is made up of the first letter or letters of an item, ex. ROY G. BIV for the colors of the rainbow) or acrostics (taking words, lines, or verses where the first or last letters make up a word or phrase, ex. Every Good Boy Does Fine—for the music scale, EGDBF.
The Power of Association

With the association you take the material you are learning and relate it to something you already know.

This is most commonly done with using analogies, metaphors, and examples. (Example: Let’s say you’re taking a French course, you may need to find something to help you remember what your words mean. Take the word “midi”, which means noon. To help you remember this you can see that midi and noon have the same amount of letters or maybe midi reminds you of the word “middle” and noon is in the middle of the day.)
Improving your Memory con’t...

Pay Attention

- Many times we say we have forgotten some type of information but in reality it is not because we have forgotten but because we never truly paid attention to it.
- To help improve your paying attention skills try telling yourself out loud what you are doing, such as if you lose your keys a lot say out loud exactly where you put them as when you put them down. Ex: I am putting my keys on the kitchen counter.
Find Some Interest

- The more interested you are in learning about a topic the more likely you will remember it.
- The best way to develop interest is to relate it to something you are already interested in.

Ex: If you are taking a history class it might help to relate the people you are learning about to people you actually know in real life. Find something in common between them like personality traits.
Improving your Memory con’t...

Feedback

- This lets you know how you are progressing and what you need to do to improve.
Be an Effective Learner

1. Reduce Interference

Going to bed right after studying will prevent anything from interfering with what you just studied.

Also try studying tow opposite things at a time then two similar things. This is because you will confuse the two similar things.

Study two closely related subjects in two different rooms. This will prevent you from confusing the two subjects.
Be an Effective Learner con’t…

2. Spread it Out
   Space out study time instead of cramming it all into one day.

3. Break It Into Parts
   This will allow you to understand it more quickly

4. Repeat It
   Keep repeating things even after you think you have mastered it because if you stop repeating it you will lose it.

5. Recite It
   Recall as much as you can without looking at anything to help you remember
Be an Effective Learner
con’t…

6. SQ3R Method

Survey—More commonly known as skimming quickly looking over something before actually reading it

Question—Ask yourself questions on the main headings before reading about them

Read—Answer your questions as you read

Recite—Orally ask yourself questions about what you have just read, or summarize, in your own words, what you read

Review—You should just quickly go over what you just did
Healthy Habits to Improve Memory

- Exercise regularly
- Manage your stress
- Get enough sleep
- Don’t smoke
- Eat well
References:


For More Information:

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