

## Strategies to Improve Memory

First, make sure you understand the information. Memorizing information you don't actually understand isn't going to help you much when you need to use it!

- **Create a connection:** Try to associate the new information with something you already know.
- **Self-test:** Quiz yourself about the material you need to know with your notes put away. Refamiliarize yourself with the answers to questions you get wrong, wait a few hours, and then try asking yourself again. Use Quizlet.
- **Mnemonics:** You can use acronyms (PEMDAS) or acrostics (Please Excuse My Dear Aunt Sally) to help you remember series of words or ideas.
- **Teach someone (even yourself!):** Try teaching someone the concept you're trying to remember. You can even try to talk to yourself about it! Vocalizing helps activate different sensory processes, which enhance memory.
- **Interleave:** We often think we'll do best if we study one subject for long periods of time, but research contradicts this. Try to work with smaller units of time (30 minutes to 1 hour), and switch up your subjects.
- **Memory palace:** Memory palaces involve making connections between what you know and what you don't know, but in an extended way. Visualize a place you know well, like your home or dorm, and imagine the things you need to remember placed in specific locations within that site. You can then imaginatively "walk" through the space and reacquaint yourself with the material you're learning. To enhance your memory, try to make the images you create as vivid as possible.
- **Songs or stories:** Try adding a tune to what you're memorizing or turning it into a dramatic story. Providing auditory or narrative rhythms can add assist memory.
- **Sleep and exercise:** Both sleep and exercise are essential to memory. Sleep allows your brain to process information more effectively, and exercise increases neurons related to memory.