

Tips for Improving Memory

1) BECOME INTERESTED

Creating interest is necessary for improving memory. If you are highly interested in the topic you are studying, you are in luck. However, what do you do if you are trying to study information that does not interest you?

- Work with a partner or in a group.
- Form relationships with your professors.
- Connect the information to something meaningful.
- Create a way to interact with the material. Draw a chart, make a graph or create a practice test.

2) READ WITH THE CORRECT INTENT

Read with the intent to remember.

- Become an active reader. Ask yourself questions about what you are reading in order to be attentive and remain focused.
- Take notes or summarize in order to help solidify information.

3) BE SELECTIVE

Don't try to remember everything.

- Choose what is most important by paying attention to chapter headings, chapter summaries and boldfaced words.
- Use your course syllabus as a guide to help you identify main ideas and topics.
- Pay careful attention in class to information that is repeated or emphasized by your professor.

4) ORGANIZE

It is easier to recall information that has been organized in a meaningful way.

- Instead of trying to remember 25 new terms, organize the terms into 5 groups of 5 terms.
- Organize the information into categories for easier recall.

Tips for Improving Memory (continued)

5) RECITE AND REPEAT

The more you review, the more you will remember. Multiple repetition and rehearsal leads to improved memory.

- Rephrase the information in your own words.
- Speak out loud. Hearing the material uses a different part of the brain than reading the material.
- Work in study groups and explain the information to someone else.

6) VISUALIZE

Visual learners are able to remember what they see more easily than what they hear.

- Create graphs and charts or mental images of what you are trying to remember.
- Use flashcards as a study tool.

7) ASSOCIATE

Connect the new information to previously learned information. This helps to promote neural connections in the brain which is how memory is formed.

- Associate new information with past experiences.
- Use what you know from previous courses or readings to connect with what you are trying to remember.

8) GIVE YOURSELF A BREAK

You will remember more by studying in intervals than with nonstop cramming. The brain is not designed to learn continuously. It needs to rest periodically.

- Take a 10-minute break after each hour.
- Use frequent short sessions to study. This is more effective than one long study session without a break.

Gordon, Barry. Memory: Remembering and Forgetting in Everyday Life. New York: Mastermedia, 1995. mtsu.edu (Tennessee State University)



Yeshiva University

Wilf Learning Success Center

PH: 646-592-4285 | learningsuccesscenter@yu.edu