
Memory Techniques

Repetition

The simple act of repeating something can help you memorize new information.

Study Techniques that Rely on Repetition

1. **Multiple Reading Process**

Preview - read the chapter name, headings, and subheadings.

Overview - read the first sentence of each paragraph.

Read - read each section in its entirety.

2. **SQ4R**

Survey - read the chapter name, headings, and subheadings.

Question - create questions that could be asked on a test based on the chapter name, headings, and subheadings.

Read - read through each section of the chapter with the questions you have created in mind.

Recite - make an intentional effort to recall main ideas after each section.

Record - take notes.

Review - review your notes on a weekly basis, at the very least.

3. **Self-Testing**

Guess and check - great for memorizing formulas.

Retrieval practice - practice retrieving knowledge from your memory while studying. Do not simply read over your notes without trying to recall the information on your own. Test your knowledge!

Exaggeration

Extreme, wild, or silly examples or images can help us remember new information.

Study Techniques that Rely on Exaggeration

1. **Mnemonic Devices**

▪ **S**weaty **M**onkeys **C**hase **R**ed **D**ucks **E**very **N**ew **Y**ears **E**ve (Systems of the Human Body)

▪ **E**very **G**ood **B**oy **D**eserves **F**udge (Treble Clef notes)

▪ **P**lease **E**xcuse **M**y **D**ear **A**unt **S**ally (Order of Operations)

2. **Songs, Rhymes, Jingles, Alliteration**

▪ Have you ever memorized a radio or television jingle by accident? Or perhaps you still remember the words to a song that you have not heard in years. There is a reason why songs are so catchy!

▪ Turn everything you need to know for the test into a song. It will be easier for you to remember. **Humans have very strong auditory memories.**

▪ *Examples:* The Alphabet Song, Fifty Nifty United States.

Association

Memories can be made even stronger when you link them to information you already know well.

Study Techniques that Rely on Association

1. Similar Sound Technique

- This technique helps you to memorize the meaning of unfamiliar vocabulary words by associating them with word sounds that you know.

- Example: Claustrophobia

- **Claustrophobia** = Santa Claus

- Santa **Claus** is afraid of getting stuck in a chimney.

- Claustrophobia = fear of small or enclosed spaces.

2. Memory Palaces

- This technique allows you to build new information into an associated location. Think of a location or place that you know the layout of really well. Imagine yourself walking through this location.

- Now, in your mind, place new information in these rooms. Somehow associate or create an image in your mind of that information with the room.

- Example: Remember the order of the planets by associating each planet with places in your home.

- Front Door = Mercury

- Hallway = Venus

- Living Room = Earth

- Kitchen = Mars

- Bedroom = Jupiter

- Bathroom = Saturn

- Closet = Uranus

- Backyard = Neptune

Visualization

Humans can remember visual information better than abstract information.

Study Techniques that Rely on Visualization

1. Numeric Peg System - great for memorizing items in order/on a list.

- Each number is associated with an object or item that looks like or rhymes with that number. This is up to you!

- 1. Example: 1 = Pencil, 2 = Swan, 3 = McDonalds (arches), 4 = Chair, 5 = Hook.

- Now visualize an extreme example of each item on your list along with the associated object or item.

- Interested in learning more about the Numeric Peg System? [Click here.](#)