

How do I remember all this material?

Some helpful hints

Marianopolis Student Services

- Cut to the core! Focus on the key points in the information: you will have less to remember. Take down only what is important. Examine closely the main points and examples.
- Repeat, repeat, repeat! No magic here. The more you go over the material, the more you will remember. Reciting it aloud really helps.
- It may sound simple, but make a conscious decision to remember what you are studying. Waiters and waitresses do not forget your order. You can make it your job to remember, too. Just make the commitment.
- Turn the material into a personal interest. We learn better, when we like what we are studying.
- Give it meaning! Find practical applications for the material. Make interesting and fun links/associations to something very familiar to you. Form an opinion about what you are studying. We tend to remember things when we have a feeling about them.
- Arrange items you are studying into categories that make sense to you. Random notes can be impossible to remember. Organize your information! Use headings, subheadings and examples.
- Group study items into sets of seven or less. Research has shown that it is harder to retain information when we have more than seven things in a set. For example, if you have 10 definitions to remember, try to put them in two groups of seven or less and give a title to each group.
- Put things in your own words. Familiarity pays off big-time regarding memory.
- Acronyms and rhymes work great. Tell a story with the information.
- Use all your senses! Hear or recite, see or visualize, smell, taste and touch the material as much as possible.
- Straight memory work can be really tough. Shorten your sessions and take enough breaks. Marathon sessions are less effective.
- Spend enough time on the material studied in the middle of a session because we tend to remember the stuff at the beginning and the end best.

Remember: eat, sleep, get support and repeat, repeat, repeat!

For more information, see a counsellor at Student Services.