<u>Improving Memory and Learning Strategies</u>
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There are whole courses on the topics of memory and learning. I believe it is very useful to understand how your memory works (and doesn't work). I use the memory process model and the thirteen memory principles to give you a basic understanding (see below).   Why? Learning how your memory works helps you understand how and why some things "stick" in your head and others don't. Wi

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Think about these additional examples:
#1 You are reading (or watching) something and it all makes sense. Then at the end, you can hardly recall any of the deta

13 MEMORY PRINCIPLES
(Adapted from Linda Wong - Essential Study Skills, 8th Edition)

Using activities that apply these principles improve the effectiveness of your learning and memory.

Selectivity - The process of identifying the most important main points and details.
Association - The process of linking together new information to something familiar.
Visualization - The process of making mental pictures.
Elaboration - The process of actively thinking about and personalizing new information.

Concentration - The process of keeping attention focused on the task.
Recitation or Writing - The process of saying aloud or writing out what you are learning.
Intention - The process of creating a learning goal and desired outcomes.
Big/Little Picture - The process of looking for general ideas and the supporting information.

Feedback - The process of verifying what has been learned by through self-quizzing.
Organization - The process of logically arranging information you are learning.
Time on Task - The process of arranging and spending sufficient time on the task.
Ongoing Review - The process of regularly reviewing information learned previously.

Multiple Modes – The process of using a combination of learning style modes.

13 MEMORY PRINCIPLES REVIEW SHEET (Cornell Style)

SAVE

Select

- description?   Picking out the most significant information to study

- example?   Using chapter summary, class handouts, study guide,

                                     lecture notes

Associate