Memory Tools for Effective Studying

✓ Dual Coding: Information that has both linguistic and nonverbal components becomes encoded by both the verbal and the imaginal memory systems

How to apply this to studying: ______________________________________________________

✓ Distributed Practice: Short, frequent study sessions are more effective than long study sessions

How to apply this to studying: ______________________________________________________

✓ Serial Position: Items that are learned first and last are more likely to be remembered

How to apply this to studying: ______________________________________________________

✓ Mnemonic Devices: Memory tricks, such as acronyms and first-letter sentences, create a pathway back to difficult-to-remember information

How to apply this to studying: ______________________________________________________

✓ Elaboration: The generation effect occurs when you add something of your own to the content you’re trying to remember (e.g., paraphrasing, imagery, examples)

How to apply this to studying: ______________________________________________________

✓ Schematizing: It is easier to remember information that you organize or relate to something you already know (a schema is a mental framework that organizes and makes sense of information)

How to apply this to studying: ______________________________________________________

✓ Abstracting: Focusing on extracting the main points can help you remember more overall

How to apply this to studying: ______________________________________________________

✓ Alertness, concentration, interest and motivation influence how much content you retain

Ways to increase alertness: ______________________________________________________

Ways to increase concentration: ___________________________________________________

Ways to increase interest: _________________________________________________________

Ways to increase motivation: _____________________________________________________