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*: ____________________________________________________________