

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*: _____
