

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*: _____
