

Memorization Strategies

- **Talk about Assignments** with classmates and teachers.
- **Learn from the General to the Specific**—Move from the main idea to the details.
- **Use Logical Orders**—lists, outlines, categories, sequence.
- **Use Associations.** One way to effectively store information for later recall is by connecting new ideas to previously learned material. Also, making personal connections and attaching emotional meaning to information is effective.
- **Be Motivated**—Write down your goals and keep them in mind.
- **Take Breaks.** Don't study longer than two hours without taking a break.
- **Consistently Review.** Learn information the first day; review it each of the following days until the day of the test.
- **Use Mnemonics.** For example, a common mnemonic device that is used to memorize the planets is "My Very Excellent Mother Just Served Us Nine Pizzas".
- **Find Out Your Learning Style.** Different type of learners may use different memorization strategies. A visual learner would benefit from the use of visualization as a memorization strategy, while reciting out loud may be an effective strategy for the auditory learner.
- **Sift Out What You Don't Need to Remember.** With massive amounts of information, it is important to be able to filter out the unimportant details from the important ones.
- **Over-learn Your Weakest Subjects.** It is probably more difficult to remember the material that you aren't interested in, so it may take additional time and effort to memorize this information.
- **Use Positive Self-Talk.** Say "I will remember this," or "I am really good at studying."
- **Teach Someone Else.** If someone else is able to learn all of the important information about the topic from you, then you probably have mastered the material.
- **Chunk the Material.** Chunking is a commonly used strategy for the memorization of information in everyday life. For example, phone numbers and social security numbers are often memorized by chunking pieces of data together.