



WHAT IS MEMORY?

Memory is a set of complex processes that manage information. Knowing how each stage functions will help you better understand how to memorize and to retrieve memorized information later.

- **Clump Information!**
Select, associate, and organize information into meaningful clumps. When new information is organized according to pattern or context, it is easier to retrieve. Relating material to other material helps to significantly increase the amount of material remembered. Don't forget to condense and summarize information.
- **Ask Questions – continually.**
Move beyond rote memory by making sure you understand what you are memorizing.
- **Create Graphics**
Maps or graphic organizers force you to make clear the relationship among ideas. They also force you to create a few signal words, important for retrieval of information.
- **Review, Repeat, Rehearse** in writing as well as in your head.
Have you ever felt well prepared for a test but did poorly? It might be that you were not able to communicate it quickly in writing – even though you rehearsed it in your head.
- **Space your review/distribute your practice**
Spaced study is more efficient, prevents forgetting, and small amounts at a time means better storage in long-term memory.
- **Over-learn**
Continue practicing the material. Repetition of the information helps your speed, accuracy, and gives you more confidence.