

# TWELVE MEMORY TECHNIQUES

## PRINCIPLE #1: BE ORGANIZED

LEARN FROM GENERAL TO SPECIFIC	Get an overview to use as a framework on which to hang specific details.
MAKE IT MEANINGFUL	Relate what you learn to your goals (to what you want to get from your education) and to what you have learned previously.
CREATE ASSOCIATIONS	Store new data near similar or related data – fit new material in with what you already know.

## PRINCIPLE #2: BE PHYSICAL

LEARN IT ONCE, ACTIVELY	Pay attention; stand up; pace; use your hands; draw pictures; recite; use all your senses.
VISUALIZE RELATIONSHIPS	Draw diagrams; make cartoons; create action; make pictures vivid; make pictures bizarre; turn abstract ideas into concrete actions.
RECITE AND REPEAT	Make it multi-sensory; use your own words.

## PRINCIPLE #3: BE CLEAR

REDUCE INTERFERENCE	Turn off music; use daylight hours; take breaks.
OVERLEARN	Go over material until it becomes second nature. Don't stop exactly when you think you're ready for a test. Explore, dissect, add to your knowledge of the subject.
BE AWARE OF ATTITUDES	Take responsibility for boredom and opinions. Know when attitudes are inhibiting learning.

## PRINCIPLE #4: BE SMART

DISTRIBUTE LEARNING	Use many shorter study sessions.
REMEMBER SOMETHING ELSE	When you get stuck and can't remember something you know you know, remember something else that is related: data that is stored close by. Reflect, brainstorm.
COMBINE MEMORY TECHNIQUES	Use more than one of these at a time.