

## Memory Tips

- Repeat, repeat, repeat!!! This is the key to transferring information to long-term memory.
- Spaced repetition is the most effective method of studying. Studying half an hour everyday is far more effective than three hours at the end of the week.
- Recite material out loud. This helps transfer information from short-term memory to long-term memory.
- Find out how well you really know the material—teach it to a classmate. You can even set up a review group with friends, which will help keep the material fresh.
- Read your textbook and tape record it. Hearing it may help you understand it better (especially if you are an auditory learner).
- Use chronological time lines to remember dates and flow charts to remember things in sequence.
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- Apply what you have learned to your own life. Making it real and meaningful to you helps you to recall the material more easily.
- Review new material as soon as possible after you were first presented with it. You will be much more likely to transfer it to long-term memory within the first 24 hours, waiting reduces recall.