Memorization strategies
Memorization Strategies

- Do you have a hard time memorizing and remembering information for tests?

- Do you wish you had better strategies to help you memorize and remember information?

- Do the things you’ve memorized seem to get mixed up in your head?

- Do you sometimes feel the information you need is there, but that you just can’t get to it?

Whether you want to remember facts for a test or the name of someone you just met, remembering information is a skill that can be developed!
Strategies that Work
Use all of your senses
The more senses you involve in the learning process, the more likely you are to remember information.

For example, to memorize a vocab word, formula, or equation, look at it, close your eyes, and try to see it in your mind. Then say it out loud and write it down.

Look for logical connections
Examples:
To remember that Homer wrote *The Odyssey*, just think, “Homer is an odd name.
To remember that all 3 angles of an acute triangle must be less than 90°, think “When you’re over 90, you’re not cute anymore.”
Create unforgettable images
Take the information you’re trying to remember and create a crazy, memorable picture in your mind.

For example, to remember that the explorer Pizarro conquered that Inca empire, imagine a pizza covering up an ink spot.

Create silly sentences
Use the 1st letter of the words you want to remember to make up a silly, ridiculous sentence.

For example, to remember the names of the 8 planets in order (Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus, and Neptune) make up a silly sentence like this one, “My very elegant mother juggled seven ugly neckties”
Strategies…

Review Often

Review is the key to remembering anything. When you review, you move information from your short-term memory into your long-term memory. When you have something to memorize, concentrate on learning it, take a break, then go back and review it. Keep reviewing until you know it.
Try this little memory test.

In 15 seconds try to memorize these 12 items. Then write down as many as you can remember.

boat   hot dog   pencil   fruit

car   phone   ruler   mustard
trolley   ants   chair   train
How did you do?

Most people will remember 6 or 7 of the items on the list. But when people group these same items into categories (as they are below), they find that the items are easier to remember, and their scores are higher.

- Ways to travel – boat, train, car, trolley
- Picnic items – hot dog, fruit, mustard, ants
- Office items – pencil, phone, ruler, chair

**Grouping makes things easier to remember**
Memorization tips

Use 3 x 5 cards to memorize facts, formulas, and lists. Take these cards with you and go over them when you have a few extra minutes.

Record yourself reciting what you need to remember. Listen to the recording while you do chores, exercise, get ready for bed, etc.

Make up rhymes to help you remember information.

Before you go to sleep, think about what you want to remember. Your brain will commit it to memory while you sleep.

Immerse yourself. If you are studying a war, imagine yourself as a soldier, and try to visualize the experiences you would have.
Quick Tip

To remember a person’s name, once you’ve been introduced, use that person’s name in the conversation (e.g., “Nice to meet you, John.”).

Group and Organize Info

The two most common ways to group and organize information:

- **Outlining**
  When outlining information, first identify the main ideas. Then list supporting facts and ideas under each main idea.

- **Mapping**
  To map information, put the main idea in a circle and then draw lines to circles that contain more detailed information.
In Greek mythology, Mnemosyne was the goddess of memory. This is why various memory aids are called mnemonic devices.