



Steps to **success**

Maximizing Memory



Empowering People

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The mission of the Student Success Center (SSC) is to support the college's learning environment and promote student success through graduation and beyond. Your future is our vision. We have a variety of student services and open computer labs to help you reach your goals.

Various locations are open throughout the campus, and SSC Specialists and/or peer tutors are available to support students in different disciplines, including:

- Math
- Writing
- Reading
- Study skills
- Speech

Students are seen by appointment or on a first-come, first-served, walk-in basis, depending upon tutor availability.

Please call (618) 468-4SSC (4772) or visit www.lc.edu/ssc for locations and availability.

*Brochure adapted from St. Charles Community College's ACE Center brochure; Ellis, Dave, *Becoming a Master Student*, 7th Ed.; Knight, Theodore O., *Study Strategies for College*; Kesselman-Turkel, Judi and Franklynn Peterson, *Study Smarts: How to Learn More in Less Time*

Memory and Learning

Memory and learning are important processes in the college environment. Both need to be present and utilized for success in your academic career. Memorization happens by two methods: repetition or tying two pieces of information together in your mind. The second method is much more reliable than sheer repetition; however, using both breeds good study habits. In order to effectively memorize material, you must incorporate the information into previous knowledge and review or practice that information often. Often times we forget information because it was not properly stored in our brains in the first place because we weren't attributing meaning to the information or simply because new information starts to interfere over time. Stress can also affect memory, so make sure you are adequately taking care of your mind with destressing techniques.

Memory Techniques:

1. **Organize It**—make it easier to find.
2. **Use Your Body**—get your senses involved
3. **Use Your Brain**—work those brain muscles
4. **Recall It**—use other information to store new information



Organize It

- Start with general information. Before starting your assignment, skim the material ahead of time. This will help the details make more sense.
- Make the new information meaningful by making connections with what you want to learn to what you are studying now.
- Begin associating the new material with things already stored in your mind. Link information to something you remember or make up a study technique that works for you (i.e. an acronym or play on words).

Use Your Body

- Be active as you are studying or reading the new material. Do not slouch or have distractions playing in the background. Use your hands when reciting your information and stand up while reading or studying.
- Stay relaxed. By staying relaxed, you can retain information better. Try not to stress about the exam coming up or personal issues while you are studying. Keep your mind free of stress.
- Focus on the information you are studying. As with being free of stress, you need to be free of distractions or outside stimulation. Concentrate on the material you are studying.

If you feel you are getting sleepy or your mind continues to wander, try taking a break and picking back up a little later.

- Use visual images in your mind to remember. Visual and verbal information utilize two parts of the brain, helping your mind really attach the information. Try drawing a diagram, chart, or cartoon of the information. Also, some textbooks have diagrams and visual representations which can be utilized.
- Recite and repeat the information. Sometimes simply talking out loud can help anchor the information into your mind. After you read the chapter, try summarizing it in your own words to see if you understand it fully. Repeat the information a couple of times to solidify it in your mind.
- Mnemonic Devices can also be useful. Mnemonic devices are essentially using letters to represent a certain saying or principle. For example, ROY G BIV stands for the colors of the rainbow. However, don't try to create too many or you may have trouble remembering all of them.
- Continuously practice the information by writing it down. Try summarizing your own notes from that day, that week, or that entire unit. Organize and consolidate information, but make sure you check your facts as well. Try tying in your verbal methods of studying with this as well by saying it aloud as you write.

Use Your Brain

- Use your own notes to test yourself. Take notes about your notes. When you are rereading your notes, expand on something you aren't quite sure you understand. Also, you can add key-words to remind you of the whole principle or concept.
- Sometimes we find certain subject matters boring or uninteresting. This makes it much more difficult to remember the information associated with that subject because our brain remembers things we think are interesting. Try your best to make connections between the uninteresting to the interesting information.
- Extract core concepts and main ideas from the chapter or unit for your exam. Choose what needs to be remembered based on importance and don't sweat the small stuff. Ask what will be on the exam and adjust your studying from there.

Recall It

- Continue to use the information. Access the information daily by reading, speaking, or listening to it. Make regular exchanges with the information. Try getting together with other classmates and teach the information to each other.
- Review your notes often, but space out your study sessions. Try reviewing for about thirty minutes a day.