



# Memorization

## Some General Tips

- **Chunking**  
Try to break down complex material into smaller chunks. It will be easier to remember these smaller pieces of information later. This is also very helpful if you need to memorize a list of items.
- **Association**  
Try to make an association between what you already know and what you need to learn. Making connections like this will make the information more relevant and easy to remember.
- **Pictures**  
It is sometimes easier to remember something if you visualize it. Try remembering where it was on the page, drawing your own picture of the information, or creating a mind map. A mind map is great for showing how many ideas are related to one another.
- **Flashcards**  
Flashcards can be a very useful tool if implemented properly. Try not to “over-do” it. It is best to study 7 cards at a time. When you’ve mastered 7, you can add to the group, or move on to a different set of 7.

## Scents and Sounds

- **Music** Start by playing some music on low volume while you study. If this is not too distracting, continue listening to the same music every time you study that subject. Then, before the test, take your headphones with you to class and listen to the music. It should remind you of your studying and help you remember some items for the test.
- **Scents** Similar to using music, try to study certain subjects with certain candles/lotion/incense. Before the test, take a whiff of the same scent and you’ll be reminded of the study sessions you had before.

## Techniques

- **Acronyms** To use this technique, take the first letter of each item you need to remember and use it to create a new combination of letters. Some common acronyms are ROY-G-BIV (Red, Orange, Yellow, Green, Blue, Indigo, Violet) and PEMDAS (Parentheses, Exponents, Multiplication/Division, Addition/Subtraction).
- **Acrostics** This is an invented phrase or sentence where the first letter of each word is associated with something you have to remember. For example, if you needed to remember the order of operations, you may use the acrostic “Please Excuse My Dear Aunt Sally.”
- **Rhyme-Keys** This technique is especially helpful for remembering lists of items. First, choose words that rhyme with numbers (e.g. one - sun, two - shoe, etc.). If you had to remember the four basic food groups, you could think of vegetables growing in the sun (one), livestock with shoes on (two), etc.
- **Loci** This technique works best for 20 items or less, and is extremely helpful for kinesthetic learners. To use this technique, picture yourself walking through your house or room and choosing specific locations (i.e. sofa, shelf, cupboard, etc.). As you walk through in a direct path, imagine yourself placing one of the items you need to remember in each of the locations you chose.
- **Keywords** You may find this technique most helpful with modern language vocabulary. Let’s say you need to memorize the Spanish word *cabina* (‘phone booth’). By turning *cabina* into “cab in a,” you can picture a cab trying to fit in a phone booth. Then, on the test when you see the word ‘cabina,’ you will remember a cab in a phone booth and remember the definition of the word *cabina*.

