Practical Tips for Improving Memory

1. **Keep up with assignments.**
   - You won't have to learn too much at one time.
     - Make an assignment schedule for each week.
     - Make daily to-do lists.
     - Reward yourself for completing work.

2. **Review lecture notes each day.**
   - Make up study questions from the key points and quiz yourself.
   - Play Jeopardy.

3. **Take breaks while studying.**
   - You won't be so tired, and you can focus better.
     - Stand up after 20 minutes.
     - Switch to a different subject.
     - Write, draw and talk out loud.

4. **Study actively.**
   - Pay attention to the major headings when you read.
     - How many headings are there? How are they related?
     - Read the chapter summary.

5. **Look for the main ideas.**
   - The details will cluster around these ideas and be easier to remember.

6. **Test yourself as you study.**
   - Stop and try to tell yourself what you've learned -- in your own words.
   - Consider using Flash or Q Cards

7. **Keep reviewing after you feel you know the information.**
   - The information will be more firmly embedded in your memory.
   - Make sure you can put ideas in your own words.

8. **Get enough sleep.**
   - Lack of sleep has negative effects on your ability to remember.

9. **Organize information in categories and label (name) the categories.**
   - Your memory is a filing system -- you need organization and labels.

Adapted from Ohio University Academic Advancement Center Study Tips