

Remembering



Understand - When you understand, information is well on the way toward being memorized.

Highlight - use symbols in your text and notebook to indicate important concepts.

Verbatim memory -review the material and repeat during the day.

THINK about what you are trying to learn - if you find an interest in the material you will remember.

Study the items you want to remember longest first.

Learn complete units at one time - this is the way the information will need to be recalled.

Over-learn to make certain - do not stop trying to recall something as soon as you recall it the first time, continue to review and recite regularly.

Analyze material to determine the major points and organize an outline - makes the material more meaningful and easier to remember.

Make your own applications, examples and illustrations.

Reduce the material to be remembered.

Make a list of key words.