

Tips for Remembering Class Material

Studies have shown that the most important factors in moving information from short to long-term memory are frequency and recall. In other words, you recall the information (bring it to mind yourself) at short intervals at first and then at longer intervals. Our thoughts wear a path in the brain – the more often you recall them the easier it is for our brain to find them.

When you hear or read the information, it goes into your short-term memory. Techniques for moving it into long-term include the following:

- **Pause after each paragraph**, section, or 10-15 minutes, cover what you've read and ask yourself "What did I just read? What were the main ideas of the section?"
- **Say the answers out loud**. Saying something out loud anchors it in another part of your brain
- If it's fuzzy, **look back and retrieve the information**. Continue until you no longer need to refer to the text
- **Work with a study partner**: tell each other what you've read, ask each other review questions
- **Recite it in your own words**. This helps you to make it your own and better remember it
- **At the end of reading a chapter, review it through recall**. Use the review questions or make up your own
- **Be active**. Do something with the information. IE: pretend you're going to teach a class on the material. Write an outline for your class. Present it to a study partner, or teach your cat
- **Pretend you are the professor**. What questions would you ask on the test? Write down the questions you would ask if you were teaching the class
- If you hit something that's short and really difficult to recall, **write it down repeatedly**
- Instead of marathon study sessions, **try shorter, more frequent sessions**. Study for an hour, wash the dishes, study another hour, call a friend, etc. Use these breaks as rewards
- Use this website to **make your own electronic flashcards**.