

Tips for Success

"They know enough who know how to study."

-Henry Brooks Adams

A Guide To Improve Study Skills: Seven Memory Techniques

Do you ever feel lost and confused outside of class? Take a moment to learn some memory techniques and to consider how best to prepare for each class and test.

☆ Organize

General to Specific

Get a general overview of the material on which you'll be working before you get too specific. Do this by looking over class material, books or syllabus. Your mind works best this way.

Make it Meaningful

The more important your task is to you, the more interested you will be.

☆ Be Physical

Learn it Actively

The more of your body you involve with your learning, the better you learn it.

Visualize

Pictures are often easier for your mind to recall than words or numbers.

☆ Be Clear

Reduce Interference

Remove anything which may distract you while you work. This includes a stereo, T.V., phone, and friends.

Overlearn

Learn more than you need to. The better you understand a subject, the better you can present it later on.

☆ Be Smart

Distribute Work

Work as long as your mind and body are fresh and comfortable. Take breaks when you need them and relax after a job well done.