



Remembering new information takes time and effort as the words and concepts need to be retained by the brain. There are many memory strategies to help that retention. Some of these examples work better for some people than others, and some work better for some classes than others.

Select

Choose carefully what to memorize

Sort out the most important ideas and vocabulary

Associate

Link concepts and words to colors, other words or even smells

Connect to information you already knew

Visualize

Connect with pictures, movies, and stories in your mind

Elaborate

Ask why and how words and ideas connect and matter

Concentrate

Use hard-to-read fonts and write things out longhand to keep yourself focused

Recite

Recite information out loud without notes.

Teach information to someone else

Organize

Reorganize information in a way that makes sense to you

Draw maps and diagrams

Create

Create rhymes to remember facts, figures and dates

Create acrostics and mnemonics

Prioritize

Memorize general information first and then move on to specific

Rest

Give yourself opportunities to forget information before retrieving it again

Sleep helps memory!

For more information on the [USU Academic Resource Finder](#), [Habits of Mind](#) courses

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