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1. Develop a positive attitude when you are studying. If you believe a subject is boring or unimportant, you will have more difficulty recalling the information. Develop a curiosity about the material.
2. The order of study should be: read, recite aloud, write notes in your own words, and ask yourself questions about the material, review. Memorization comes last after you have a solid understanding of the material.
3. Organize the material into meaningful clusters as this will help with recall.
4. Review notes soon after lectures to make sure they make sense. Frequent review will decrease the amount of material you will need to relearn for exams.
5. Expose as many senses as possible to the study material: write it, speak it, hear it, and visualize it. This will help commit the material to memory.
6. Use imagery to remember material: Close your eyes and get a picture of the explanation and summary answer on the page. See the underlined key words.
7. Create associations with the material. It is easier to recall new information if it is attached to old, easily retrieved information.
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