Memory Tools for Effective Studying

- **Dual Coding**: Information that has both linguistic and nonverbal components becomes encoded by both the verbal and the imaginal memory systems

  How to apply this to studying: ____________________________

- **Distributed Practice**: Short, frequent study sessions are more effective than long study sessions

  How to apply this to studying: ____________________________

- **Serial Position**: Items that are learned first and last are more likely to be remembered

  How to apply this to studying: ____________________________

- **Mnemonic Devices**: Memory tricks, such as acronyms and first-letter sentences, create a pathway back to difficult-to-remember information

  How to apply this to studying: ____________________________

- **Elaboration**: The generation effect occurs when you add something of your own to the content you're trying to remember (e.g., paraphrasing, imagery, examples)

  How to apply this to studying: ____________________________

- **Schematizing**: It is easier to remember information that you organize or relate to something you already know (a schema is a mental framework that organizes and makes sense of information)

  How to apply this to studying: ____________________________

- **Abstracting**: Focusing on extracting the main points can help you remember more overall

  How to apply this to studying: ____________________________

- **Alertness, concentration, interest and motivation** influence how much content you retain

  Ways to increase *alertness*: ____________________________

  Ways to increase *concentration*: ____________________________

  Ways to increase *interest*: ____________________________

  Ways to increase *motivation*: ____________________________