Master Memory Principles

Use these principles to help improve your memory!

Association

Memory is increased when facts to be learned are associated with something familiar to you.

Basic Background

Your understanding of new materials depends to a great degree on how much you already know about the subject. The more you increase your basic knowledge, the easier it is to build new knowledge on this background.

Consolidation

Your brain must have time for new information to soak in. When you make a list or review your notes right after class, you are using the principle of consolidation.

Distributed Practice

A series of shorter study sessions distributed over several days is preferable to few but longer study sessions.
Interest

In order to remember something thoroughly, you must be interested in it. You must have a reason to learn it.

Intent to Remember

This has much to do with whether you remember something or not. A key factor to remembering is having a positive attitude that you will remember.

Meaningful Organisation

You can learn and remember better if you can group ideas into some sort of meaningful categories or groups.

Mental Visualisation

Another powerful memory technique is making a mental picture of what needs to be remembered. By visualising, you use an entirely different part of the brain than you did by reading or listening.

Recitation

Saying ideas aloud in your own words is probably the most powerful tool you have to transfer information from short-term to long-term memory.

Selectivity

You must determine what is most important and select those parts to study and learn.

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