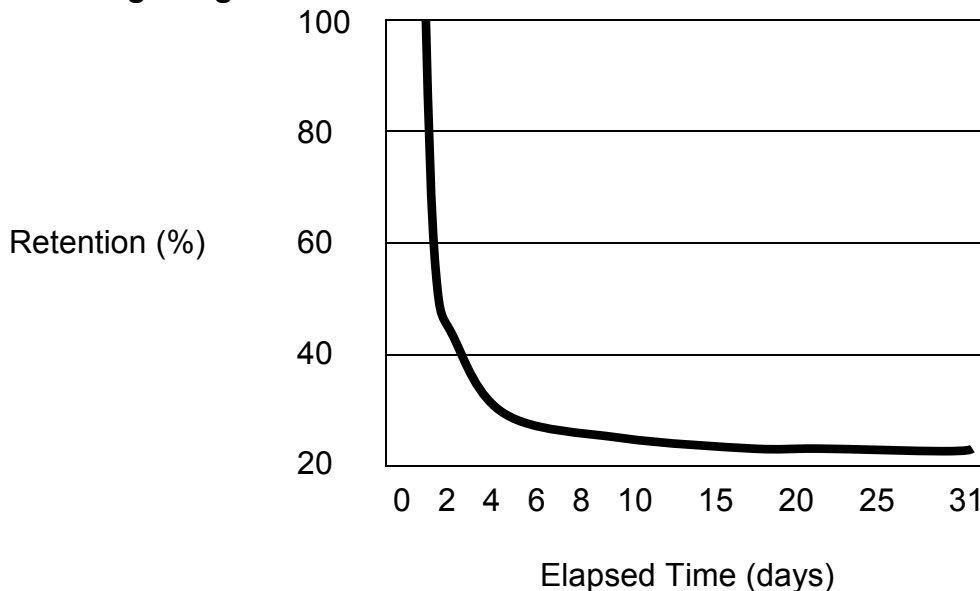


BUILDING A STRONGER MEMORY

Forgetting is the student's greatest enemy; material that has been learned but not reviewed will fade in time. The greatest amount of forgetting occurs after the initial learning stage. Within four week's time, you will forget 98% of the material you have learned.

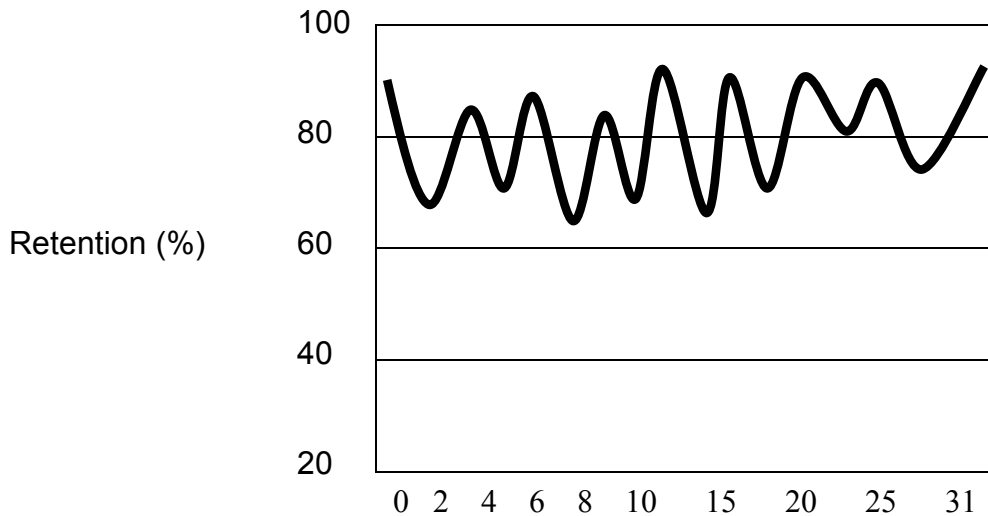
The Forgetting Curve



Here are some tips to help you battle the forgetting process:

- & Be interested in the material being studied. If you are not naturally motivated, create an artificial interest in your subject.
- & Your attitude to remembering is crucial! The **intent** to remember automatically triggers you to pay more attention to your material and to get the facts right the first time.
- & Go through a chapter the first time to select only the main idea; then review it a second time to fill in the necessary details.
- & Be very selective of the material you should master when studying; memorizing everything could lead to failure.
- & Pay attention to the background of any subject to create a basis upon which to build knowledge, understanding, and memory. This will help you relate new information to what you have already studied.
- & Organize your ideas into categories to help you recall all the points that come under a particular category; trying to memorize bits and pieces of information will result in failure.

The Remembering Curve



& Study actively by:

- a. Reciting the material out loud while covering your notes or text. This will serve as a self-test and will help you retain the material more effectively.
- b. Reciting the material several times. This will help establish a memory base for long-term retention.
- c. Posing questions to yourself that may be asked in an exam and answering them as you proceed with your studying.
- d. Writing definitions of the words you don't understand and of terms that are central to the material being studied.
- e. Drawing diagrams whenever possible to help you visually remember your material.
- f. Looking for relationships between the material being studied and previous material you have learned. These points will merge to create a more complete understanding, and hence, remembrance of the subject.
- g. Making summaries of the material you have read or studied. This will help accelerate the retention of information.
- h. Using key words as "hooks" to help you remember ideas. The key word you choose must be central to the idea in order to be effective.

& Any review work should be done:

- a. Immediately after a lecture since the greatest amount of forgetting occurs within 24 hours of learning.
- b. Over several sessions since too much memorizing in one session will result in overloading your memory and this will lead to failure.
- c. As a quick review before going to bed to help consolidate all the information you have studied and reviewed already.
- d. When writing an exam, read it over completely and jot down key words and points that pertain to the question you are reading.