



Strategies to MEMORIZE

Memorization takes effort. Find the strategies that work best for you and your classes.

1

Select

Focus on key ideas and essential vocabulary.

2

Associate

Link new concepts to colors, words, smells, or familiar knowledge.

3

Visualize

Connect ideas with images, experiences, and stories.

4

Elaborate

Question how and why ideas connect and matter.

5

Concentrate

Use challenging formats and handwritten notes.

6

Recite

Recite from memory and teach the material to others.

7

Organize

Reorganize information in a way that makes sense to you. Draw maps and diagrams.

8

Create

Create rhymes, acrostics, mnemonics —anything to help you remember key material.

9

Prioritize

Memorize general information. Then, focus on specifics.

10

Rest

Take breaks and get sufficient rest. Good sleep is critical to recall.

