

MEMORY STRATEGIES

USE A MIXTURE OF MEMORY STRATEGIES – WHICHEVER SUIT YOU

See also: Learning theories and learning styles topic [[link](#) to Learning styles and learning theories students content sheet]
Reading and notetaking topic [[link](#) to Reading and notetaking students content sheet]

REVISE AS YOU GO THROUGH THE MODULE

Give yourself a head start in your revision by going over your notes and perhaps some key readings on a regular basis. This is a form of:

REPETITION – VERBAL, WRITTEN, READING OR A MIXTURE

You can: recite key points of a topic to yourself, out loud or in your mind
write them down
read them more than once
use a mixture of these techniques.

USE DIAGRAMS AND MIND MAPS

Condense your notes into mind maps. Using these for revision may be effective if you are a visual learner, preferring to learn through pictures and diagrams.

VISUALISE AND/OR COLOUR CODE YOUR NOTES

These techniques may also suit visual learners. Use highlighter pens to help you.

MEMORISE KEY WORDS AND PHRASES FOR TOPICS AND USE THEM AS TRIGGERS

Condense the main points of a topic into key words and put them onto prompt cards or post-it notes around the house. Alternatively, use a simple list of the keywords for each topic, on a sheet of paper.

USE MNEMONICS

A mnemonic is an abbreviation made up of the first words of the keywords you need to memorise. An example is ROYGBIV. This represents the colours of the rainbow – red, orange, yellow, green, blue, indigo, violet. You can also remember this through the sentence “Richard of York gave battle in vain”. Condense the main points of the topic you need to memorise into keywords, and then make up your own mnemonics.

PUT THE KEY POINTS OF TOPICS ONTO TAPES

Use this technique if you learn effectively through listening. You can play the tapes in the car, on the train, or anywhere in the house.

SING OR CHANT THE KEY POINTS OF TOPICS

Do you remember singing the alphabet when you were younger? If you enjoyed this and it helped you to remember the alphabet, you can use the same technique for memorising for exams. Sing the main points (or keywords) of a topic, to a tune that you like.

ASK SOMEONE TO ASK YOU QUESTIONS ON THE KEY POINTS OF TOPICS

If you like learning with other people, get a fellow student (a “study buddy”) to ask you questions on the key points of topics - you may both learn something! Repeat the exercise (or just ask yourself the same questions) a few days later to see if you can still remember.

Materials developed by Chris Pinder, University of Hull. © University of Hull, 2008.