**Memory Tips**

**Self-awareness**
Use techniques that already work for you.
Think about how much you really need to memorise.

**Hour-day-week method**
Effective for getting key information into long-term memory:
Revise a topic – go over key points quickly again one hour later – again a day later – again a week later. Increasing the time between short sessions helps strengthen memory.

**Repetition and over-learning**
Go over key points
Reduce them and go over again – repeat until you ‘associate’ them with each other

**Association**
Link what you need to know with something you know already
Make ‘mini-mindmaps’ of a topic
Use doodles, try thinking in pictures

**Mnemonics**
This works for some people: Identify key words you want to learn
Use the first letter of each key word to make a new word, then string them together in a sentence … now remember the sentence..

**Active listening**
Revise with friends
Revise out loud – exaggerate your voice – tape and go over

**Writing things down**
Make brief notes on notes, use your own words, make briefer notes… reduce to a ‘key card’.

**Personalising it**
Relate what you learn to yourself (How does it affect you? What does it remind you of? A place? Person?)

**Play**
Relax with the information
Sing it – picture it – draw it – turn it into an advertising slogan, TV theme…