

Study Skills: Remembering Information



Memory is the process of encoding, storing and retrieving information.

You can support memory by:

- Revising for short chunks of time.
- Frequently revising information in a different way (little and often).
- **Overlearning** (going over something new, before returning to something we already know to help us retain that learning).
- Creating hooks and **linking** what you already know / have personal experience of.
- Revisiting information in **context** so that it links into those ideas and gives you a wider understanding.
- Verbal rehearsal – talking about the topic with someone else.

How can I use flash cards and sticky notes to help recall information?

- On one side of your flash card: write a question or statement.
- On the other side: write the answer or accompanying information.

Be Visual

- Use different colours / shapes for different topics to help group your thoughts.
- Stick the sticky notes to corresponding items around your house, or place them in a prominent place so that your brain is frequently processing this information.
- Consider having notes for different topics in different areas of your room or house.
- Use pictures and labelled diagrams.
- Make things fun / unusual / colourful - using all your senses can help you to remember and recall.