

# MASTER YOUR MEMORY

## METACOGNITION: COMPREHENSION MONITORING

Evaluating how much (and how well) you understand and remember

- Recite information from question cards or recall columns
- Answer review questions and take self-tests
- Check your understanding with classmates, tutors/TAs, instructor...

## HIGHER-LEVEL MEMORY STRATEGIES

### Organizing information

- Group, outline, order information
- Create charts, concept maps, diagrams
- Re-organize notes

Tip: Rehearse by recalling details in each group, then work backwards by naming the details and recalling the category

### Explaining information

- Paraphrase, summarize
- Discuss information with others
- Explain information as you would to a client, friend, parent—in everyday language. Then explain as you would to an expert, future employer, or professor you hope to impress—using new vocabulary (bonus: visualize these people, imagine why you need to explain the information to them)

### Re-conceptualizing information

- Relate new information to what you already know
- Refine or embellish notes: add comments, examples
- Visualize what you are studying, tell yourself a story related to the information
- Predict quiz/exam questions

## MNEMONICS

- Acronyms (catchwords)  
*Roy G. Biv = Red, Orange, Yellow, Green, Blue, Indigo, Violet (colors of the rainbow in order)*
- Acrostics (catchphrases)  
*Please Excuse My Dear Aunt Sally = Parentheses, Exponents, Multiplication/Division, Addition/Subtraction (order of mathematical operations)*
- Rhymes, songs, motions

## LOWER-LEVEL MEMORY STRATEGIES

- Re-reading texts and notes
- Re-writing/re-copying or reciting information
- Reproducing maps, diagrams, etc.

Tip: try working in a different order occasionally