

TIPS TO IMPROVE MEMORY

Effective learning can only be achieved if you're able to focus your complete attention on what you are trying to learn.

1

READ, READ, READ

Reading your textbook, academic articles and journals will broaden your understanding. Make shorter notes for yourself and then study your own notes.



2

LISTEN TO AUDIO

Listen to audio on the topic and write down some key notes on what they're saying that can help you better understand the subject you're learning.



3

WRITE THE THINGS DOWN

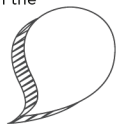
Make your own notes from what you have read in the textbook. Write questions and answer them later. These can be questions from your textbook or even questions that you think are likely to come up on the exam. This is a good way to test your understanding of what you learned and help you remember it.



4

TALK OUT LOUD

You can read the topic out loud, or try to teach the topic to someone else.



5

MIND MAPPING

Mind maps are a great way to break down information into a simple diagram that can be remembered more easily. They're also a good way to test whether you know the subject matter. You can redraw the diagram and deliberately leave blanks to see if you can fill them in again or whether you can discuss the topic in more detail by only looking at the key headings on the mind map.



6

TEST YOURSELF

Use past exam papers. This is great for not only testing your knowledge but also familiarizing yourself with the exam format and structure, which will help you settle into the exam much quicker and easier on the day. Use questions from the textbook.

7

PRACTICE

To improve memory it is important to keep going back over information that you learn, using different formats of learning.



ACRONYMS Acronyms are making a word from the first letter of each word that is to be memorized. For example, HOMES for the Great Lakes (Huron, Ontario, Michigan, Erie, Superior.)

ACROSTICS Acrostics are phrases or poems in which the first letter of each word or line functions as a cue to help you recall the words that you are trying to remember. For example, "Please Excuse My Dear Aunt Sally" is used to remember the order of operations in Math.

MAPS OR CHARTS Use mind maps or charts to organize your information. This visually helps you to remember.

IMAGERY Draw or imagine a picture of what's being studied, or find one in a book. Mentally refer to the picture when you are testing.

REHEARSE Verbally repeat or rehearse the information over and over again until you know it! Take a shower break and then test yourself again.

HIGHLIGHT Use highlighters to review your notes. If they are color coded, underlined or highlighted it may help you to remember based on visual stimulation.

GPA



STUDY SKILLS



How to Study for Exams and Improve Your Grades

BEFORE EXAMS

Find out exactly what is required for the exam

- Time, date, location and length of exam
- Ask your teacher what the exam will cover & what kind of questions may be asked (Ex. Is there a study guide?)
- Find out what you will need to bring to the exam e.g. calculator, ruler, etc...
- Ask your teacher about the format of the exam e.g. multiple choice, diagrams, essay, etc...

The following suggestions will help you improve your study skills:

- **SETUP A SCHEDULE** Use a calendar to plan your study time, recreation and social activities. For



classes that are harder, make sure you give yourself more time to study. DO NOT CRAM!

- **FIND A GOOD LOCATION** Make sure the place is comfortable, but not too comfortable. Sitting at a desk or table is best. Avoid lying across the bed.

- **USE THE SAME PLACE FOR STUDYING** This will help you with your memory when it is time for a test. It will also help you to concentrate better, because you will be in a routine or habit of studying in the same place.



• DETERMINE WHAT YOUR IDEAL STUDY

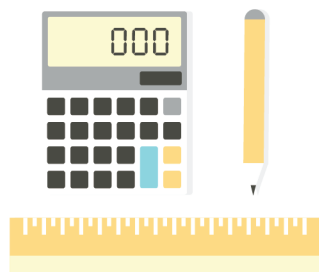
CONDITIONS ARE Everyone studies differently. Make sure your study space is an effective one for you where you can focus on the material, free from distractions. Remember, in the exam you will be at a desk in a quiet room. Keep this in mind so that you are comfortable in this type of environment

- **TAKE BREAKS** Take breaks when studying. Study small portions of material, take a break and then study some more

- **REWARD YOURSELF** If you have stuck to your study plan; reward yourself by watching TV or a movie, playing X-Box or surfing the Internet. You are more likely to study again and concentrate if you know there is a reward at the end of completing a task

ON EXAM DAY

- Be well rested and eat a healthy meal before the exam
- Be confident; a positive attitude is an asset
- Use the bathroom just before the exam
- Arrive at the exam room at least 10 minutes before the exam
- Put backpacks/jackets away
- Don't talk to other students before the exam, they may confuse you
- Bring the necessary materials -- you will not be allowed to share equipment

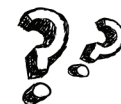


DURING THE EXAM

Multiple Choice Questions

Read the questions carefully and determine the answer before you look at the choices.

If you are unsure, use the process of elimination to narrow down the choices then make a logical guess.



Never leave a question blank; you have a 20-25% chance of getting it right by guessing.

Try not to change your original answer - in most cases your intuition is correct.

Short Answer Questions

Read the question carefully! Ask yourself, what are they specifically asking?



Give a specific, clear, to the point explanation.

Use examples from your text book, class or the real world.

Essay Questions

Determine main themes and topics.

Read the question carefully! Underline key words in the question. Determine the purpose.

Before you begin writing, jot down all your ideas and organize them into an essay plan. Don't write your essay off the top of your head!

Structure your essay: introduction, the body and the conclusion.