

Memory Checklist

- Do you remember what you read, but forget what people tell you?
- Do people describe you as forgetful?
- Do you have difficulty remembering the details of what you did last month? Last year?
- Do you feel that no matter how much you study nothing seems to stick?

If you answered yes to most of these questions keep reading for some strategies that may work for you.

Try 1 new tip each week and then add another strategy the next week.

Need more ideas? Check out these resources:

- http://library.queensu.ca/websrs/faculty_guide-Staff.html Excellent Resource at Queen's University
- <http://www.queensu-hcds.org/> Resources, Assessment and Learning Strategies (RARC and BeWell-DoWell)
- www.LdonLine.org Good Technological Resources
- <http://www.parkland.edu/goals/Workshops.html> Online Survival Workshops
- <http://www.metamath.com/lswb/dvclearn.html> Learning style(s)

Above all: Take care of yourself and focus on the POSITIVE... you do have strengths! Make sure your "Self Talk" (what you say internally to yourself about yourself) is positive and that you regularly exercise sleep and eat! ☺



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Take Control of your Memory

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"I forgot to make a back-up copy of my brain, so everything I learned last semester was lost."

Research has shown that successful students use these strategies. Try to find a few that work for you!

LIFE SKILL STRATEGIES:

- Have a checklist of things that you need to do
- Make sure you put things in the same location each day (e.g. keys, wallet, coat and shoes)
- Lay out material(s) that you need to remember in the morning so that you don't forget them
- Get a day/electronic planner to keep track of all assignments, dates, birthdays, and meetings. Check these every morning and every night
- Place a large monthly or four month calendar (with all important information) in a visible place such as on the fridge or beside your bed
- Have a timer on your watch to remind you of important things you need to do during the day
- Make sure you are getting enough rest, eating properly (a balanced diet) and exercising regularly (minimum 3 times a week for 30 mins)

- Be positive! Do not blame yourself for having a hard time recalling things. Find and use strategies that work for you.

LEARNING NEW INFORMATION STRATEGIES:

- Think deeply about the new information just taught/learned and link it to previously learned ideas (so that it is stored in your long term memory)
- Take ample time and do not rush your learning~ Get it right the first time!
- Link the new information to you~ be opinionated about it. Think about its importance to you
- Review lecture notes immediately, even for just 5-10 minutes right after lecture

STUDYING STRATEGIES:

- Use mnemonics to remember things (e.g. HOMES - the Great Lakes)
- Study things in smaller chunks (50 minutes of studying, with a 15 minute break)
- Remove yourself from distractions such as your computer, TV, window(s), door, pictures, and telephone
- Multi-sensory review (e.g. read, write, see, hear, construct a

model and use charts, pictures, notes, questions and objects)

- Recite something you need to know 3 times during 3 different times of the day (repetition and reinforcement are key to long term memory!)
- Teach others and use study groups (This will help to reinforce new information in your mind and will make you fully understand the material *correctly*)
- Make important information into a song and/or a visual image
- Use cue cards and sticky notes to highlight the important facts
- Create mind maps and flow charts of a course to see the big picture (This will organize the information more effectively in your mind)
- Make cheat sheets with diagrams and charts to condense information and review it before a test

ACCOMMODATIONS:

- Note taker
- Take home exams
- Inspiration computer software for concept mapping
- Special services available through the Disabilities office