Memorization

Studies have shown that LEARNERS retain:
• 10% of what they read
• 20% of what they hear
• 30% of what they see
• 50% of what they see and hear
• 70% of what they say
• 90% of what they do and say

Remember! Reviewing memory work within twenty-four hours of the first study session is the most effective way to master the material.

Overview of Memory Training Steps:
• Spread your memory work out over several sessions
• Recite material out loud
• Expect to remember (assume a positive attitude)
• Organize your material into a meaningful pattern
• Test and retest yourself
• Over learn
• Use hooks, catch words and silly sentences
• Study before sleeping

SQ3R FORMULA
• Step 1: Survey
• Step 2: Question
• Step 3: Read and underline outline
• Step 4: Recite and write
• Step 5: Review

Use ALL of your Senses:
• See it... read and visualize material
• Write it... and rewrite ...notes, outlines, answer questions
• Say it...hear it!
• Sing it!
• Imagine it... visualize it!
• Repeat it!

Research Studies show that answering questions aloud improves recall by at least 80%!

8 Memory Techniques
S - Spread out memory work
R - Recite aloud
E - Expect to remember
O - Organize the material
T - Test and Retest
O - Overlearn
R - Recall with hooks and catch words
S - Study before sleeping

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