

Three Rs of Memory

Reception

We can't remember what we don't receive

- become more attentive and observant
- use as many of your senses as possible
- ask questions to clarify
- survey a chapter before reading
- review notes before going into class
- avoid or eliminate distracters
- write down intrusive thoughts/concerns
- have healthy snacks and water on hand

Impacted by:

*fatigue
hunger
boredom
distractions
anxiety
mindset
drug/alcohol use*

Retention

The main task is to transfer information from short-term into long-term memory

- make a conscious effort to remember
- underline, highlight, annotate textbooks and notes
- organize information using mind maps, charts, outlines
- review as soon as possible after learning
- recite, visualize, associate
- complete assignments and practice tests
- tell someone what you've learned
- find a reason to remember
- be selective

Impacted by:

*active study strategies
regular review
motivation/interest
practicing the performance*

Recollection

Recall during tests and exams

- plan sufficient time for study and review
- eat properly and get enough rest before the test
- write down memory cues in the margin
- stay in the moment
- breathe, stretch, relax

Impacted by:

*adequate sleep
positive attitude
spaced study
anxiety*