

# Ten Ways You Can Help Your Memory

1. **Review your class notes and what you've read within one hour, if possible.** *(Your memory forgets at the most rapid rate during the first hour after learning).*
2. **Always review new information within 24 hours.** *(To combat the rapid erosion of newly learned material).*
3. **Conduct weekend reviews of the week's material.** *(To deepen the neural trace this will lengthen retention).*
4. **Take a five to ten minute break after every hour of studying.** *(Aids focus, so information can be store more easily).*
5. **Keep reviewing after you feel that you know information.** *(Deepens neural trace and holds information in long-term memory).*
6. **Don't forget to also use short blocks of time for study.** *(It's easy to stay focused for 15-20 minutes).*
7. **Be sure to "understand" the information.** *(It's much easier to store and retrieve).*
8. **Comprehend the big picture before you learn details.** *(Makes for easier storage).*
9. **Do some review by answering questions.** *(This practices actually retrieving information for long-term memory).*
10. **Get enough sleep.** *(A tired mind does not process information well).*

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**"MAKING SUCCESSFUL STUDENTS IN AND OUT OF THE CLASSROOM"**