



RICHLAND COMMUNITY COLLEGE

Teaching and Learning Support Services

Learning Accommodation Services

MEMORY TECHNIQUES

1. Learn from the general to the specific. If you're lost, step back and look at the big picture. It might be easier to learn from details.
2. Make it meaningful.
3. Create associations.
4. Learn it once, actively—walk around, read aloud, etc.
5. Relax!
6. Create pictures, diagrams, cartoons.
7. Recite and repeat—use a tape recorder, read to someone.
8. Write it down.
9. Reduce interference.
10. Over learn.
11. Review often.
12. Study your more difficult subjects first.
13. Use breaks wisely.
14. Decide what's important to memorize.
15. Combine the memory techniques.
16. Realize that once you really learn something, it is stored in your memory.

YOU MUST UNDERSTAND SOMETHING BEFORE YOU CAN REMEMBER IT!!

