

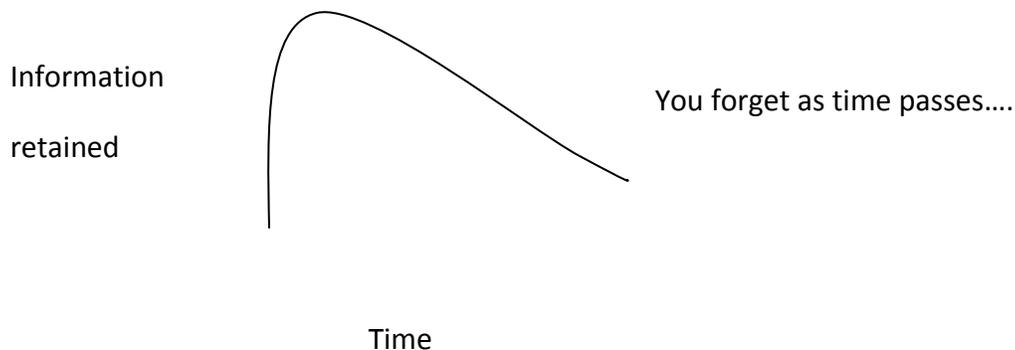
Memorizing



What you have learned = what you remember.

Memory traces are formed in your mind when you first expose yourself to information and make the effort to remember it. Those traces solidify over time and after repetition, but until they solidify, they are easily disrupted. Therefore it is critical to repeat in order to remember.

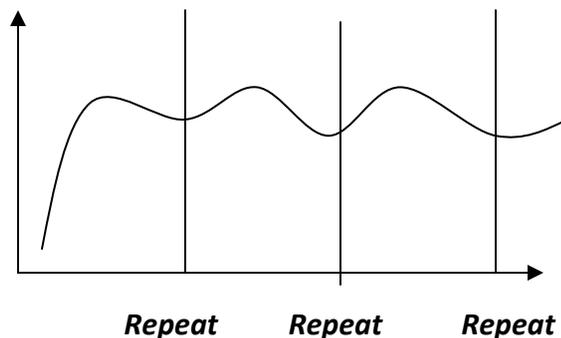
Think of meeting someone for the first time. You hear his name, shake his hand, look at his face, and find that the next time you run into him, you have forgotten his name. The memory trace was lost because you didn't repeat his name except upon first meeting him. The working of your memory looks like this:



At first you know nothing, then you hear the person's name and it registers. If you don't repeat it, you forget after several hours or a few days. In order to remember, you have to repeat the information before time passes and you have forgotten.

We all learn by repetition. The key to remembering is to repeat frequently and at spaced time intervals.

This is what happens when you repeat at spaced intervals



When you repeat what you want to remember frequently over time, you prevent the memory loss that naturally occurs if you don't repeat. Different people will require different numbers of repetitions, but in general adults require more repetitions to remember than children do.

Hints and tips to help you remember...

1. Don't spend huge amounts of time on your work so that you won't have to look at it again. If you need to remember material, study it and review often.
2. Your memory is influenced by your emotional state. You will remember that something upset you, but forget what it was. Although it is always important to be invested in your studies, try to let go of the snubs and snipes that you may have experienced from instructors or others. Remember your learning goals, and spend your emotional energy on them.
3. If you have a huge body of information to remember, break it into smaller chunks and learn the chunks. Then review the chunks together.
4. If you feel confident about something, leave it before you finish it. If you feel anxious about something, finish it before you leave it. You will remember better with a small amount of tension, just enough to keep you sharp—not enough to make you anxious.
5. Study in a place that resembles your test or exam setting. Reserve that area for studying only. You will train yourself psychologically to associate that setting with remembering. (Have you ever noticed that when you meet someone outside of the environment that you know them from, you forget their name?) Environment supports memory.