

MEMORY & CONCENTRATION

Memory & Concentration Tips

1. Study in places where distracters are limited. Everyone has a different level of distraction they may tolerate. If you find yourself distracted while studying, find a new location.
2. Be aware of the task you have at hand including all of the components that need to be completed. Breaking projects and homework into smaller chunks will make working on and completing a project more manageable.
3. Work with your memory. Review concepts, notes and readings for short periods of time, but often. It takes time to build memory connections, so cramming and marathon study sessions work against long term memory.
4. Use memory techniques such as chunking, rehearsal and mnemonics to intake information. Create practice tests or organize discussion groups to test your output information.
5. Make new material personal and connect it to previously learned material. Relating class information to real-life examples or situations that you can relate to will help with your recall and understanding.
6. Use active learning processes beyond rehearsing facts and memorization. A deeper level of understanding will allow for stronger memory connections.

