



Learning & Academic Resources Dept.
Long Beach City College
4901 E Carson St
Long Beach, CA 90808

TIPS FOR MEMORIZATION

- 1) **Get rid of distractions:** TV, radio, your boyfriend or girlfriend, or whatever tends to draw your attention away.
- 2) **Break the material you are studying into logical parts.** Our minds remember information in categories and hierarchies.
- 3) **Pause from time to time** to allow your brain to store the information.
- 4) **Make sure you understand the main idea well before attempting to memorize details.** It is far easier to remember something that you understand.
- 5) **Explain these ideas out loud in your own words.**
- 6) **Try to find patterns** or connections in the material you are memorizing, especially cause and effect patterns. Ask yourself how details or facts logically relate to one another.
- 7) **Make associations** in your mind to remember key ideas or facts. Think something easy to remember, such as funny, odd, or familiar things.
- 8) **Quiz yourself** or have friends ask you questions to reinforce what you are memorizing.
- 9) **Don't panic if you can't recall something immediately.** Just come back to the question later; straining your mind doesn't work. If it's in your memory bank, it will come out eventually if you can just relax.
- 10) Above all, **don't cram!** Straining to memorize material the night before doesn't allow enough time for your brain to store it, and you'll lose 80-90% of it. The next day you'll only find you're very tired and frustrated.

Thanks to the Pasadena City College Learning Assistance Center for some of the information included here.

If this was helpful you can get more useful information by taking a **Learn 11** class.