



Learning Process: Remembering

To remember information and various concepts in the learning process it is important to:

I. **Make an effort**

- Interest: to remember material, you must be interested in what you are reading/learning
- Intent: you must be intentional in your learning process and maintain a positive attitude; i.e. intent to remember is one foundation of whether the information will be remembered or not.
- Background or Prior Knowledge: comprehending and remembering new information depends on what you already know. Increasing basic knowledge forms a solid foundation for adding new knowledge.

II. **Control Amount and Type**

- Selective: determine the main ideas and what is most important. Select this information to focus learning.
- Organization: it is easier to remember information when it is categorized or placed into meaningful and similar groups.

III. **Reinforce**

- Recite: repeating information out loud and in your own words is one of the most powerful learning tools. This process helps transfer information from short-term to long-term memory.
- Visualize: creating mental pictures or images of information to remember is another powerful study tool. Visualization uses a different area of the brain than reading and listening.
- Associate or Connect: when information is connected to or associated with something you already know, memory is increased. As connections are made memories are created.

IV. **Allow for Absorption**

- Fortify: the human brain requires time to process and take in new information. To fortify or strengthen the grasp of information and provide an opportunity for the brain to absorb the subject material, it is important to review information or notes after class or as soon as possible. **Rewriting** your notes is an excellent strategy.
- Distribute: short study sessions distributed over a particular time frame is more effective than a long study session (cram) before an exam.