Memorization

Studies have shown that LEARNERS retain:

- 10% of what they read
- 20% of what they hear
- 30% of what they see
- 50% of what they see and hear
- 70% of what they say
- 90% of what they do and say

Overview of Memory Training Steps:

- Spread your memory work out over several sessions
- Recite material out loud
- Expect to remember (assume a positive attitude)
- Organize your material into a meaningful pattern
- Test and retest yourself
- Overlearn
- Use hooks, catch words and silly sentences
- Study before sleeping

REMEMBER! Reviewing memory work within twenty-four hours of the first study session is the most effective way to master the material.

SQ3R FORMULA

- Step 1: Survey
- Step 2: Question
- Step 3: Read and underline outline
- Step 4: Recite and write
- Step 5: Review

Use ALL of your Senses:

- See it... read and visualize material
- Write it... and rewrite... notes, outlines, answer questions
- Say it... hear it!
- Sing it!
- Imagine it... visualize it!
- Repeat it!

Research Studies show that answering questions aloud improves recall by at least 80%!

8 Memory Techniques

S - Spread out memory work
R - Recite aloud
E - Expect to remember
O - Organize the material
T - Test and Retest
O - Overlearn
R - Recall with hooks and catch words
S - Study before sleeping