



Moving Beyond Memorization

Today's Agenda

- Getting to know you
- Memory discussion
- Concentration discussion
- Effective strategies & tips
- Questions?
- Two goals:
 - Learn memory enhancement strategies that can lead to *effective* study habits.
 - Identify personal habits that you can change in your daily routine to address your concentration and memory.



Getting to Know You: What Sort of Memory Do You Have?

- What kinds of information do you remember best?
- What kinds of information do you have the most difficulty remembering?
- Is there any type of information about which you can remember significant amounts? Why do you recall this information so easily?
- Think about some of the information from your elementary or high school years that you can still recall easily. What factors contributed to this information becoming fixed in your memory?
- Think about a college class where you are doing well. What is your process for remembering the material?

Adapted from P.O.W.E.R. Learning: Strategies for Success in College and Life, Feldman, 2000.



What is Memory?

- Memory is the active mental mechanism that enables people to acquire, retain, and retrieve information about past experiences.
- There are 3 processes that must occur to create a memory:
 - Perception (taking in the information)
 - Encoding (processing the information)
 - Retention/Retrieval (outputting the information)
- The challenge with memory is that it is not always readily retrievable. The key is to learn material in a way that makes it easy to recall when we need it.



Concentration

- What does concentration have to do with memory?
 - Internal vs. External distractions
- Tip #1: Eliminate internal distractions.
 - Daydreaming? Try this!
 - Set a date AND time to study.
 - Study in chunks.
 - Keep a “thought journal.”
 - Set REALISTIC goals.
 - Reward yourself!



Concentration (continued)

- Tip #2: Eliminate external distractions.
 - Have a designated study area.
 - Clear your desk area.
 - Find the quietest place possible.
 - Play soft music to drown out noise.
 - Leave your dorm/house if needed.
- Still distracted? Try these tips!
 - Set aside time to worry.
 - Remind yourself to be in the “here and now.”
 - Keep to your study schedule.
 - Take care of your basic needs PRIOR to studying.
 - Study toughest subjects earlier in the day (or at your peak times) and more enjoyable subjects later.



Memory Strategies

- **Organizing/Storing Information**
 - Learn from the general to the specific.
 - Make it meaningful.
 - Create associations.
- **Using Your Body**
 - Learn the information actively.
 - Relax.
 - Create pictures.
 - Recite and repeat.
 - Write it down.



Memory Strategies (continued)

- **Using Your Brain**
 - Reduce interference.
 - Overlearn.
 - Escape the short-term memory trap.
 - Use daylight hours.
 - Distribute learning.
 - Be aware of attitudes.
 - Choose what not to store in memory.
 - Combine memory techniques.
- **Recalling It**
 - Remember something else.
 - Notice when you do remember.
 - Use it before you lose it.

Adapted from Becoming a Master Student, Ellis, 8th ed. Houghton Mifflin Company, 1998.



More Tips for Promoting Concentration & Memory!

- **Creating a Study Environment**

- Find a place to study and keep it for study only.
- Tool-up the environment with all your study needs.
- Control noise level and the visual environment at acceptable levels.
- Create a work atmosphere.

- **Finding the Best Study Time**

- Best during the day and early evening—you'll remember better
- Best when there are the fewest competing activities in progress (i.e., external distractions)
- Best when adequate rest periods are provided
- Stop studying when fatigue or lack of attention occurs.
- Plan the length of time of your study period by the amount of material you have decided to cover, not by the clock.



Questions?

If you have any questions or need further assistance,
please contact us in the
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