NINE WAYS TO AID YOUR MEMORY

Be Flexible
- Try new learning styles.
- Create a framework and organize ideas.

Make a List
- Practice and review materials.

Overlearn
- Find an emotional connection to your work.

Get Involved
- Be strategic about studying.

Schedule
- Create tables, charts, and other aids as needed.

Avoid Distractions
- Review prior mistakes and reinforce proper response.

Eliminate Mistakes
- Use your own words to explain concepts.

Rephrase
- Turn off T.V., phone, and other electronics.

Support
- Find an emotional connection to your work.

Try new learning styles.