NINE WAYS TO AID YOUR MEMORY

Be Flexible

- Try new learning styles.

Make a List

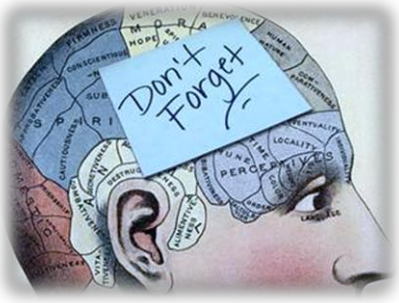
- Create a framework and organize ideas.

Overlearn

- Practice and review materials.

Get Involved

- Find an emotional connection to your work.



Schedule

- Be strategic about studying.

Use a Support

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

Rephrase

- Use your own words to explain concepts.

Avoid Distractions

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

Eliminate Mistakes

- Review prior mistakes and reinforce proper response.

224 Baker Library, Dartmouth College, Hanover NH 03755
(603) 646-2014