

THE COMPLETE LIST OF 23 BEST MEMORY TECHNIQUES FOR STUDENTS

Summary + 3 Bonus Techniques

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1. Images

The more ridiculous the image, the easier it will be to remember.

2. Sounds or letters

For example, the spelling "grey" is used in **E**ngland, whereas the spelling "gray" is used in **A**merica.

3. Acronyms and mnemonics

For example, PEMDAS is an acronym for remembering the order of operations in math: Parenthesis, Exponents, Multiplication, Division, Addition, Subtraction.

4. Create a story

Let's say that you're trying to learn the formula for gravitational potential energy ($P.E. = mgh$).

You could make up a story where you're having a PE (physical education) class, when suddenly you see your mother (m), grandmother (g) and a horse (h) standing together.

5. Connect the information to something that you already know well

If you're learning about electricity, you could compare electricity to water using this analogy: charge = water in a water tank; current = flow of water flow; voltage = water pressure

6. Study in different locations

Studying the same material in different settings forces the brain to make multiple different associations with the material. This aids memory and learning.

7. Go to sleep after learning something challenging

Research shows that students who went to sleep within a few hours of a learning session were better able to remember what they just learned.

8. Go for a walk before trying to memorise information

Research shows that doing this will enhance your memory.

9. Say the information out loud

This phenomenon is based on what researchers call the “production effect”, which enables you to retain more of what you learn if you say the information out loud.

10. Understand the information fully before you try to memorise it

It’s difficult to memorise content when you use rote learning. This is because when you don’t understand a topic, you won’t have any mental “pegs” on which to hang the new information.

11. Teach other people about what you’ve learned

Research shows that when people learn material and then teach it to others, their comprehension increases significantly.

12. Use colours

Colours give context to the material you’re studying, and help you to process the material more efficiently.

13. Write out the information you want to memorise

The act of doing this forces you to evaluate and categorise the new information. This process helps to consolidate the new information in your memory.

14. Draw tables and diagrams

By using tables, diagrams, and mind maps, you’ll remember the concepts faster as compared to if you just tried to memorise chunks of text.

15. Whenever possible, use hard-to-read fonts

Research shows that people have better recall when the information is presented to them in hard-to-read fonts.

16. Rhyming peg-word system

In this system, each number from 1 to 10 is linked to a noun that rhymes with it. You can use this technique to memorise a list of items.

17. Method of loci

By associating information with places that you're extremely familiar with (such as your bedroom or your kitchen), you can memorise all types of information.

18. Active recall

Active recall is very different from passive recall.

In passive recall, you learn the material in a passive way, e.g. reading notes, listening to an audio recording of a lecture, watching a video about a science concept.

In contrast, in active recall you practise retrieving the information. You can do this by answering questions about the material, or taking quizzes and tests.

In general, active recall is far more effective than passive recall.

19. Flashcards

Study your flashcards at regular intervals. Read what is written on the front of the flashcard, and then see if you can recall what is written on the back of the flashcard.

20. Use chunking to make the information more memorable

Chunking is a memory technique where you break down a topic into sub-topics, or a list of items into smaller groups of items.

21. Use as many of your senses as possible

The more senses you engage in the learning process, the better you'll remember the information.

22. Spaced repetition

In spaced repetition, students review the same information at increasing intervals over time.

23. Interleaving

Interleaving is a technique that involves learning different related skills or types of knowledge over the course of an hour or longer.

(BONUS) 24. Come up with your own examples

Instead of relying on the examples mentioned in the textbook or by your teacher, come up with your own examples.

(BONUS) 25. Organise the information you want to remember

Whenever you need to memorise a large amount of information, first organise the information into different categories, sub-categories, topics, sub-topics, etc. so that you won't feel overwhelmed.

(BONUS) 26. Memorise general information before memorising specific information

For example, your learning will be enhanced when you memorise general concepts and definitions first before memorising specific applications of those concepts and definitions.

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