

MEMORY REHEARSAL STRATEGIES

transfer information into long-term memory

CHUNKING

Organise pieces of information into groups, phrases, words, or numbers that are easier to remember.

Your **short-term memory can only hold a limited amount of data** at the same time. To help your brain process information faster and more effectively, you can chunk the random information into groups:

For example

4824229844

chunk the random numbers into smaller groups

484 422 9844

Instead of recalling each piece of factual information individually, **you recall the entire group and then retrieve information from that group** more easily.

MNEMONICS

Easily remembered mnemonic phrases, abbreviations, or rhymes can **help move short-term memories into long-term storage**:

Acronyms

The catchword

WHID

can help a psychology student recall the four symptoms of schizophrenia:

- 1) **W**ithdrawal
- 2) **H**allucinations
- 3) **I**nappropriate emotional response
- 4) **D**elusions

Acrostics (catchphrases)

The catchphrase

"My very educated mother just serves us noodles"

can help a student recall the planets in order:

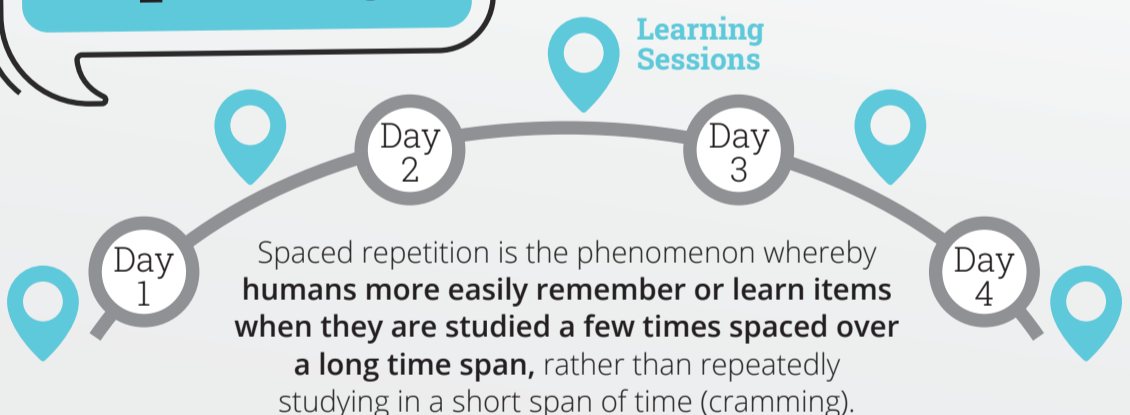
Mercury, **V**enus, **E**arth, **M**ars, **J**upiter, **S**aturn, **U**ranus, **N**eptune

The procedure for Developing Acronyms and Acrostics:

Step 1: Present information to be learned. Underline the first letter of each word.

Step 2: Devise a unique word or phrase (nonsense or otherwise) using each underlined letter.

Spacing



Spaced repetition is best applied when you need to **retain a large amount of information over time**.

Spaced repetition means that **8 hours of cramming becomes two hours of studying spread over four days** – allowing you time to quickly recall the previous day's information before studying new content.

Instead of just reviewing your notes once or twice, you **go over it repeatedly to preserve information** in long-term memory.

Deliberate practice

The act of **deliberately and actively practicing a skill with the intention of improving the understanding and the performance of the skill**, i.e., by practicing how to write a well-structured essay, you ensure better retention of that skill.

DID YOU KNOW?

Research shows that if you are in the same state in which you first learned information, you may be able to remember the information better. "State" in this context refers to your surroundings, as well as your mental and physical state at the time of learning.

