# MEMORY IMPROVEMENT STRATEGIES

| G | GET IT | • "The true art of memory is the art of attention" - Samuel Johnson  
|   |       |   • be present and conscious during the initial learning  
|   |       |   • pay attention and listen  
|   |       |   • experience the initial learning with as many senses as possible |
| U | USE IT | • review material immediately  
|   |       |   • repeat it  
|   |       |   • write it down  
|   |       |   • sing or chant it  
|   |       |   • recreate the experience of the learning |
| L | LINK IT | • associate new learning with something already known  
|   |       |   • link it to something it sounds like (acoustical link)  
|   |       |   • link it to a location  
|   |       |   • make an acronym link  
|   |       |   • mind map it  
|   |       |   • rhyme it  
|   |       |   • group it  
|   |       |   • categorize it  
|   |       |   • alphabetize it |
| P | PICTURE IT | • create a visual image of the association  
|   |       |   • make it move  
|   |       |   • make it vivid  
|   |       |   • make it bizarre  
|   |       |   • exaggerate it  
|   |       |   • use color  
|   |       |   • use all senses |

**Source:** Pepperdine University. “Strategies to Improve Memory & Retention.”
http://www.pepperdine.edu/disabilityservices/students/tips/memstrat.htm