Assess Yourself: Improving Memory

1. Do you often know the answer to a question but find that you can’t think of it?  
   - YES  
   - NO  

2. Do you organize or group information to help you remember it?  
   - YES  
   - NO  

3. After you study, do you go back and test yourself to monitor your learning?  
   - YES  
   - NO  

4. Do you make up rhymes or words to help you remember some information?  
   - YES  
   - NO  

5. Do you space your practice when reviewing information?  
   - YES  
   - NO  

6. Do you try to memorize all the information that you need to know for an exam?  
   - YES  
   - NO  

7. Do you often find that you get confused by closely related information?  
   - YES  
   - NO  

8. Do you often forget a lot of the information that you studied by the time you take the test?  
   - YES  
   - NO  

9. Is the TV or stereo on while you study?  
   - YES  
   - NO  

10. Can you learn and remember information just by making up a rhyme, word, or other memory aid?  
    - YES  
    - NO  

Give yourself 1 point for each yes answer to questions 4, 5, 6, and 9, and 1 point for each no answer to questions 1, 2, 3, 7, 8, and 10. Now total up your points. A low score indicates that you need some help improving your concentration. A high score indicates that you are already using many good concentration strategies.

TOTAL POINTS: ____________________