Many of the classes you will take will require you to memorize dates, equations, terms, definitions, and more. Creating flash cards can be a helpful way to repeatedly test your memory; however, flash cards also require a lot of time to make. This worksheet will give some alternative and more engaging ways to memorize material.

Psychologically, our short-term memory can only hold 7±2 items (numbers, words, names). Studies also show that the percent of items we accurately recall dramatically drops as the time between learning and recall increases (e.g., week 1 where we learn material to week 7 when we are tested on the material is a LONG TIME!), so we must therefore incorporate techniques that help move these items to longer term storage.

**Chunking**

The process of chunking involves breaking larger bits of information into smaller, more easily digestible/memorable bits. When you see a string of letters or numbers, and need to find a way to remember them, chunk the information for better recall.

NFLNBANASAMLBWWFASPCA

→ NFL - NBA - NASA - MLB - WWF - ASPCA

5152941742

→ 515 - 294 - 1742

**Rhyming**

We learned many things as children by rhyming them. They can be just as effective even though we are no longer children! Think about all of the jingles and songs that get stuck in your head because of rhyming...

Christopher Columbus sailed the ocean **blue** in 1492.

I before e, except after c.

**Acrostic**

The acrostic method comes in handy when you are looking at a list of words or sentences that you are trying to remember. Try taking the first letter of each word to form a new word or sentence. This technique is particularly beneficial for memorizing unrelated items.

National Hockey League (NHL)

United States of America (USA)

In abnormal psychology, if you are trying to remember the 13 things you must do in mental status exam, you can use an acrostic (perhaps in combination with chunking) to remember the 13 things.
Mnemonic Devices

Mnemonic devices are one type of acrostics that we’ve all likely come across. When learning the order of operations in math, you learned the order was:

Parenthesis, Exponents, Multiplication, Division, Addition, Subtraction (PEMDAS)

...which your teacher may have encouraged you to remember by saying to yourself:

Please Excuse My Dear Aunt Sally (PEMDAS)

This sort of method can work for other subjects as well. For example, the goals of science are:

Description, Understanding, Prediction, Control (DUPC)

You can use a mnemonic device to remember these goals:

Dumb Umbrellas Probably Crack (DUPC)

Loci

The method of loci is helpful for kinesthetic learners as it involves using locations as memory cues. The example below illustrates how the method of loci may help you to remember a grocery list: hot dogs, ketchup and mustard, water and soda, buns.

Imagine you are driving up to your house. The roof on your garage is slanted, and you see a bunch of hot dogs rolling down the roof. As you pull into the garage, you see ketchup and mustard sprayed all over the white walls of the garage. You open the door to your house, and the refrigerator door is open, so you can see all of the water and soda inside. You pass the kitchen into the living room, where your comfy couch calls you to sit your buns down.