Memory

How to Recall Information

1. **Review information after class**

* Reviewing what you learned after class strengthens your ability to recall the information, helps your brain start making connections, and assists you with understanding the material.

1. **Actively complete homework assignments**

* Active studying also includes completing assignments. Just doing your homework to get it out of the way is passive learning. Homework is part of the learning process, so take time to actively complete and understand your homework.

1. **Read over notes daily**

* What you do with your notes is just as important as taking them. You can’t utilize the full benefits of notes if you do not actively review them. Reviewing them daily provides repetition of the material.

1. **Use memory techniques such as mnemonics**

* Mnemonics can be a helpful strategy to support memory. Many of us learn about mnemonics in K-12. An example of a mnemonic is ROYGBIV for the colors of the rainbow or a math favorite PEMDAS for math operations.

1. **Engage multiple senses**

* Learning is a sensory process. The more senses you can engage increases recall of information. Try pairing studying with visual strategies such as a mind map or use a stress ball to help with redirecting unfocused energy.

1. **Get plenty of sleep**

* Sleep is not just important to our overall health, but it also allows our brains an opportunity to process the information that we learned throughout the day.