

learning or memorization strategy. The key to memory retention is to frequently review notes and other study materials weeks or days before tests. If possible, review notes immediately following lectures and jot down or highlight information that will probably show up on a test. Also, adopt this strategy after completing textbook reading assignments by reviewing the highlighted information and chapter headings.

- **Storytelling** – By integrating data, information, and material into a vivid story to tell, a person can memorize and recall information in any subject. Focus on the key learning points and organize them (within the story) in a logical sequence. Why? Because each event in the story triggers the memory of the next event, therefore the ability to memorize information is as limitless as the ability to create, remember, and tell a story.
- **Talking** – Talking is a very powerful—and underutilized—strategy for improving memory. Talk about what has been learned and need to remember to yourself or a study buddy.
- **Mnemonic devices** – Mnemonic devices work by relating facts with short phrases, words that rhyme, or anything else an individual is familiar with.
 - Rhymes - when a concept rhymes with a favorite or recognizable person or object, use this mnemonic device to remember the word.
 - Acronym - a word composed of the first letters of a list of words. An example of a simple acronym is MADD—Mothers Against Drunk Driving. Want to memorize something and never forget it? Then create a catchy song or put it to a favorite tune.

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Loveless, Becton. "Study Skills for Students", January 2024, Education Corner,
<https://www.educationcorner.com/study-skills/>. Accessed 3 July 2024*