**Improve your memory**

**Memory is an active process. Particular practices can help you to remember things. We each use varied strategies to remember different kinds of information. Creativity and imagination are essential. Play with the information to find what works best for you and to devise helpful mnemonics.**

**Memory thrives on organization**

* Group similar items together to help recall
* Use group headings- for example, knowing there are 5 groups of vertebrates makes it manageable to learn them
* Use hierarchies to organize and link information
* Assign themes different colours. For example, use Post-it notes or coloured index cards to create study aids to categorize information
* Classification- label, categorize, order. For example:

Type of disease:

1. Symptoms

2. Case studies

3. Treatment

* Visualise (create mental pictures, draw diagrams).
* Review your work at the end of the study session.

## Strategies to learn chunks of information

* Read, say, cover, write and check
* Use mnemonic devices, including
	+ Acronyms- for example, ROY G. BIV = red orange yellow green blue indigo violet = colours of the spectrum
	+ Rhymes- for example, the '30 days hath September…' rhyme
* Memorize by association links the information to be memorised to something else quite different, but readily available. For example,
* It's "safe" to eat oysters during months whose names contain the letter "r"
* ‘My Very Earthy Mother Just Served Us Nine Pizzas’ for the names of nine planets- Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus, Neptune, Pluto

