

MEMORY STRATEGIES: New Learning

- **Repetition** helps a lot. Review information right away, and then again spaced out over time
 - Reread the instructions, and then again while you're working on the task
 - Look over your notes from a meeting right afterward, and then before the next meeting
- **Doing something with information helps it stick better in memory.** Try to “deep process” the information in multiple ways or modes
 - Depending on the situation: take notes; paraphrase aloud; write a summary; draw a family tree, a map or a schedule; teach it to someone else; write a difficult sentence in your own words; relate new info to what you already know; use post-its on the wall to represent concepts and relationships
- **Quiz yourself** right after you learn the information, and again later, and again the next day
- You can use a **standard study strategy** when you're trying to learn something new – it incorporates these multimodal learning principles in a routine way to help you integrate new information into what you already know

Here's a study strategy called **SQ3R**:

Survey Skim the chapter or article or webpage first

Question Go back through and formulate questions –headings are good for this

Read through, making notes that answer your questions

Recite Summarize, in writing or aloud (Teach it to your sister or a potted plant)

Review your notes once more before moving on

And review these notes again the next time you work on the material

- Here is a link to a detailed description of the strategy (it's written for text-based information but you can adapt it for learning from audio as well)
https://ucc.vt.edu/academic_support/study_skills_information/sq3r_reading-study_system.html