12 Principles of Memory

Memory is a very important aspect of life for any college student. From history to math to biology, being able to remember and recall information is vital for academic excellence. Having an understand of the 12 Principles of Memory can help you to remember everything your professor throws at you!

Selectivity: Select what is important to learn. Identify important information for further processing and discard information that is not relevant.

Association: Associate and link together chunks of information. Create a strong, vivid association between two or more items so one can serve as a memory cue to recall the other.

Visualization: Picture in your mind the information you are learning. Create a strong visual image of important information that you can recall as need from long-term memory.

Elaboration: Work with information and encode information in new ways. Work with, encode, and practice information in new ways to increase comprehension and application of information.

Concentration: Stay focused and attend to specific stimuli. Focus your mind by blocking out disruptive thoughts and distractions.

Recitation: Repeat information verbally in your own words. Explain information clearly and in an organized manner without looking at printed information.

Intention: Create a learning goal with clearly defined desired outcomes. Put yourself in a learning mode that identifies a purpose and plan of action for achieving your learning goal.

Big and Little Pictures: Recognize different levels of information. Identify the different levels of information in the materials you are studying.

Feedback: Check the accuracy of your learning and use forms of self-quizzing. Check the accuracy of your memory and adjust your strategies if necessary.

Organization: Reorganize information in meaningful, logical ways. Organize information into chunks and work with information in new ways to personalize it and clarify it so that associations and connections are created.

Time on Task: Dedicate and schedule ample time to learn. Use your time to your advantage by allocating sufficient time to the learning process and spacing practices effectively.

Ongoing Review: Practice retrieving information from long-term memory. Use time and effort on a regular basis to review previously learned information.