



Memorizing information can be challenging. The best approaches to memorizing information call for repetition, using multiple senses, and making the information meaningful to you.

First off, make sure you are taking steps to keep your brain in good working order. Eat nutritious foods, stay hydrated, move your body, and work to get enough sleep. Food, water, movement, and sleep fuel your body and your brain. Your ability to retain information depends on good brain function.

Try to take concepts and definitions from the textbook and connect the information to something you already know. Material in isolation can be harder to remember than material that is connected to other concepts – especially ones that you already know well.

For a concept to move from working memory into long-term memory, it needs to be memorable and repeated. Repetition techniques can involve things like flash cards and self-testing. Space out your studying and repetition over several days and start to increase the time in between each study session – varying your study sessions and techniques can significantly improve your information recall.