Test Preparation

1. Determine what you need to remember
2. Relate new material to what you already know
3. Use proven strategies to memorize new material
4. Test your recall of the new information
5. Consolidate memories through repeated review

Prepare by taking a broad overview of the material. Recreate the situation in which you first learned the material.

Strategies to memorize new material

- Rehearsal
- Mnemonics – very useful when material includes lists or steps
  - Acronyms
  - Acrostics
  - Rhymes and Jingles
- Method of Loci - a memory technique by which the elements in a list are visualized as occupying the parts of a familiar place.
- Peg method – a memory technique by which a series of memorized words is linked by images to a list of items to be remembered.
- Involve Multiple Senses
  - Use your body to learn something
  - Draw and diagram the material
  - Visualize. Visualization
- Think Positively
- Overlearning

Test your recall of the new information

- Use in-text review questions and tests
- Test yourself
- Team up with a friend

Consolidate memories

- Review materials every few days