

## Seven Steps to Memory Improvement

1. Organize material.
2. Intend to remember.
3. Test yourself repeatedly.
4. Use a variety of techniques.
  - \*Use several senses: read silently, read aloud, write out material.
  - \*Use key words as reminders
  - \*Use catchwords and catchphrases
5. Use several sessions to remember; don't rely on just one sitting.  
(in other words – **DON'T CRAM!!**)
6. Over-learn the material.
7. Study just before going to bed and review in the morning.