

Center for Learning

Memory Handouts

How memory works

Three stages of memory work together to allow learners to input, store, and retrieve information. Understanding these stages—and [applying](#) the tips below—will increase your ability to remember and use information from your classes.

Memory Links

Follow these links for resources on improving your memory. Each of these sites offers learning resources appropriate for college-level learners. Please note that neither SPU nor the Center for Learning is responsible for contents on the following pages.

- **"Improving Your Memory"**
A concise and well-organized outline containing useful data and practical tips on how to [improve your memory](#).
<http://www.uic.edu/depts/counselctr/ace/memory.htm>
- **"Effective Memory Strategies"**
Six useful memory strategies described: Structuring Information; [Monitoring](#) Comprehension; Generating your own examples; Thinking in pictures/colours/shapes; Using Mnemonics; and Repetition.
<http://www.sdc.uwo.ca/learning/index.html?memory>
- **"Learning and Remembering"**
Four practical techniques for learning and remembering and why they work.
<http://www.adm.uwaterloo.ca/infocs/study/learning.html>
- **"Mnemonics: Memory Techniques"**
Seven unique mnemonic memory techniques, when to use it, and an example.
<http://www.bucks.edu/~specpop/mnemonics.htm>
- **"Mnemonics"**
Additional help in understanding mnemonics and how they are used.
<http://www.muskingum.edu/~cal/database/general/encoding2.html>