



Student Success Centers

Macon Campus

Library – 2nd Floor
Room L226
100 College Station Drive
Macon, GA 31206
(478) 471-2057

Cochran Campus

Grace Hall – 2nd Floor
1100 Second Street, SE
Cochran, GA 31014
(478) 934-3106

Dublin Campus

Library 200
1900 Bellevue Road
Dublin, GA 31021
(478) 275-6769

Eastman Campus

Terry L. Coleman Center,
Room 1181
71 Airport Road
Eastman, GA 31023
(478) 374-6700

Warner Robins

Oak Hall, Room 128
100 University Boulevard
Warner Robins, GA 31093
(478) 929-6770

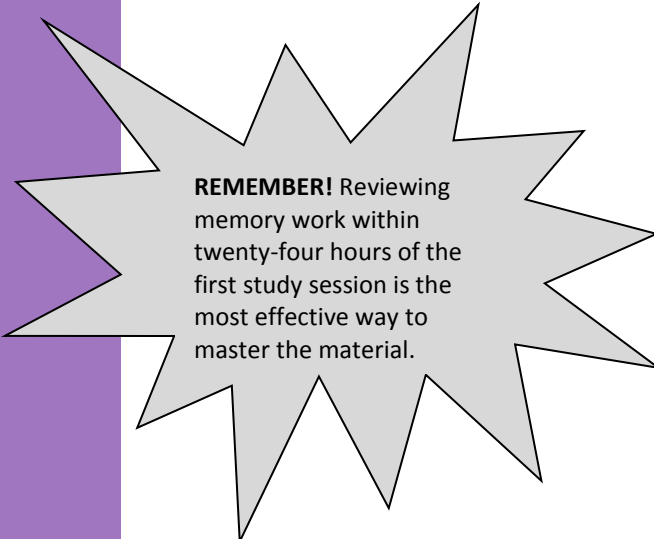
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<http://www.mga.edu/student-success-center/>

Memorization

Studies have shown that

LEARNERS retain:

- 10% of what they read
- 20% of what they hear
- 30% of what they see
- 50% of what they see and hear
- 70% of what they say
- 90% of what they do and say



REMEMBER! Reviewing memory work within twenty-four hours of the first study session is the most effective way to master the material.

Overview of Memory

Training Steps:

- Spread your memory work out over several sessions
- Recite material out loud
- Expect to remember (assume a positive attitude)
- Organize your material into a meaningful pattern
- Test and retest yourself
- Over learn
- Use hooks, catch words and silly sentences
- Study before sleeping

SQ3R FORMULA

- Step 1: Survey
- Step 2: Question
- Step 3: Read and underline outline
- Step 4: Recite and write
- Step 5: Review

Use ALL of your Senses:

- See it... read and visualize material
- Write it... and rewrite ...notes, outlines, answer questions
- Say it...hear it!
- Sing it!
- Imagine it... visualize it!
- Repeat it!

Research Studies show that answering questions aloud improves recall by at least 80%!

8 Memory Techniques

- S** - Spread out memory work
- R** - Recite aloud
- E** - Expect to remember
- O** - Organize the material
- T** - Test and Retest
- O** - Overlearn
- R** - Recall with hooks and catch words
- S** - Study before sleeping