

SKILL BUILDING NO. 11

Study Smarter



2-5 minutes



use weekly sheet



repeat these items often

Learn how to hack your brain with these short-term memory tricks!

Know the difference between **recalling** and **recognizing** material. Recalling means knowing and understanding a fact. Recall takes more work and more repetitions, flashcards, and studying. Recognizing material means you have seen it before and remember things about it but do not know and understand the material. **Recognizing means being familiar; recalling means being sure.** Consider these options to help move from recognizing to recalling:

1. Are you spelling a complicated word like conscientious? Break it into smaller bits: con-sci-ent-ious. **Find a rhythm of beats:** 3, 3, 3, 4.
2. Create **mnemonics**: "Please Excuse My Dear Aunt Sally" (PEMDAS) for the order of operations in mathematics (parentheses, exponents, multiplication, division, addition, subtraction).
3. Create your own quizzes to **quiz yourself** and your classmates.
4. Make **fun flashcards** (more on how to do this later)
5. Add facts to Post-it notes and **make a game** of chunking the facts into different groups. How many groups can you make? Can you create enough groups so that each fact has two groups to be a part of? (review information chunking from a few months ago)



Look at the tests you have coming up and decide what strategy you want to use to study for them from the list above. Add this study time to your weekly sheet.

