THE PSYCHOLOGY OF MEMORY

LEARNING

PROCESS

GET
Finish the reading
Decide importance of ideas
Anticipate test questions

KEEP
Allow enough time
Confirm importance
Study detailed enough
Study general enough
Make connections

SHOW (-TIME)
Be physically ready
Be academically ready
Plan and think first
Watch time and question value
Dump out stored information
Mark up questions
Start easy
Make educated guesses
Check answers

MEMORY

PROCESS

IN
Visually from reading
Auditorially from:
lecture
study group
reciting
Haptically from writing

STORE
Rote memorizing
Recite aloud
Flash cards
Elaborative rehearsal:
associating & connecting
category charts
mapping

OUT
Recognition retrieval:
multiple choice
true/ false
matching
Recall retrieval:
fill-in-blanks
essay questions