



Memorization and Concentration

CONCENTRATION

INTERNAL DISTRACTIONS

Internal distraction comes from within ourselves; also called “daydreaming”

DEALING WITH

INTERNAL DISTRACTIONS

- **Take charge:** Accept responsibility for the distractions by taking charge of your situation.
- **Positive self talk:** Remind yourself of your goals and how studying will help you achieve them.
- **Say no:** Sometimes ridding yourself of a distraction is as easy as saying NO.
- **Checkmark:** Each time you lose concentration, make a check on a scorecard you keep on your desk. At the end of your study session, count the number of checks. Set a goal each time you study to reduce the number of checkmarks.
- **Mental storage box:** Take some time to write down all the things you are worried and distracted with, then set them aside and focus.
- **Tunnel vision:** Visualize your studying as going through the middle of a tunnel. When you feel your mind wandering, picture yourself quickly getting back to the middle before you bump into the walls.

EXTERNAL DISTRACTIONS

Comes from our environment: friends, roommates, noise, cell phones, Facebook, Instagram, Netflix, etc.

DEALING WITH

EXTERNAL DISTRACTIONS

- **Appropriate Place:** Find somewhere with a comfortable noise level for you.
- **Designated Areas:** These areas should be areas just meant for studying.
- **Red Bow:** Indicate that you do not want to be disturbed.
- **Remove Distractions:** Consider putting your phone away or giving it to a trusted friend to guard while you are studying.
- **Train yourself to focus:** You can train yourself to not look up at minor distractions and instead maintain your concentration if the minor occurrences become familiar.





MEMORIZATION

MEMORY - ENCODING AND RETRIEVING

- **Encoding** memories is the mental process of storing information. New information is most strongly encoded when you relate it to information you already know. Encoding is deepest when you assign meaning to new information. The more logical connections you can make to the new information, the stronger the memory.
- **Retrieval** is the process of accessing stored information when it is needed. The more you are required to retrieve and USE the information, the easier you will be able to do so during a test.

ADDITIONAL TIPS

- Teach someone else
- Use positive self talk
- Overlearn your weakest subjects
- Use associations
- Talk about class material with classmates

MEMORIZATION TIPS

1. **Assign meaningfulness** to things. Elaborate on what you're learning and apply the knowledge to something important to you.
2. Learn **general first** and **specific later**
This helps with retrieval: if you know a piece of information falls within a broader category, it is easier to access
3. **Recite out loud** in your own words until you don't need to refer to your notes
4. **Use Mnemonic Devices**
 - a. **Acronyms**
e.g. BEDMAS (Brackets Exponents Division Multiplication Addition Subtraction)
 - b. **Acrostics**
e.g. "My Very Excellent Mother Just Served Us Nachos" (planets)
 - c. **Chunking**: remember larger numbers in smaller chunks
 - d. **Method of Loci**: visualize a familiar place and associate objects to it
 - e. **Rhymes or Songs**: put your notes to music, or change the words of a song that you already know
5. **Flash Cards**: good for specific facts. Shuffle cards, recite out loud. Put a question on one side, the answer on the other.
6. **Story Telling** that incorporates your notes can help you remember

