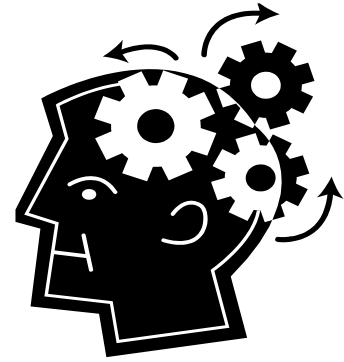


EFFECTIVE MEMORIZATION



LEARN the first line you want to remember.

Learn the second line then practice the first and second lines together.

Learn the third line. Practice the first-second-third lines together.

Continue using this pattern.

WRITE the sentence you are having difficulty remembering 5-10 times. Say it out loud as you write it.

RECORD the information you are memorizing and listen to it frequently.

NOTE: To get the maximum benefit from listening to the recording, listening needs to be combined with reading, writing or recitation.

USE music to help you remember difficult information.

Sing the information using the tune of a familiar song, or tap to a rhythm.

WRITE the information you are learning on an index card.

Read and practice reciting it during the day.

USE a magic marker to highlight words or phrases you are having difficulty remembering.

MOVEMENT can help you remember the things you are studying.

Walk back and forth across the room while you are memorizing or reviewing information, or hold a ball in your hand and squeeze it.

Be sure to spend 5-10 minutes daily reviewing the material you have already memorized so you can continue to remember it.