



**TRiO Student Support Services**  
South Dakota State University  
*You can go anywhere from here!*

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## *Memorization Tips*

### **⌘ Memorization for studying purposes**

- Poor physical and mental health affects memory negatively.
- Adequate and scheduled rest is vital to good memory performance.
- When studying and memorizing, do it in a quiet place with no distractions.
- Repeat details out loud over and over.
- Review material from class within 24 hours.
- Use acronyms. Acronyms are formed by taking first letters of words to be remembered in a sequence (For example: ROY G BIV for the colors of the spectrum).
- Tape record what needs to be memorized, and play it back on a portable cassette player or in your car.
- Close your eyes and, from memory, visualize the words in your head.

### **⌘ Tips to help you remember an appointment**

- Think or do something out of the ordinary to trigger your memory of the appointment.
- Tie a penny on your pen to remember to meet with the bank loan officer.
- Put a band-aid on your hand to remember a doctor's appointment.
- Leave notes for yourself in places where you will see them. Try the bathroom mirror, refrigerator, dashboard of your car, or other locations that work for you.

### **⌘ Use these “symbolic reminders” to jolt your memory**

- Turn over your wristwatch or switch from one wrist to the other.
- Position furniture in different locations.
- Switch the pocket in which you carry your wallet.

