

Tips to

Improve your Memory



MAKE THE GRADES

Your Transition and Academic Coach

Slow Down

Remembering information takes time and effort. Your brain needs to be able to pay attention to important information to store it in your short term memory



Pay Attention

Create interest and focus on the new material. When your mind is alert you are more likely to store information in long term memory



These are the steps



#1

Input:
Research shows it takes 7 different methods to encode information to create a pathway to remember

#2

Processing:
There are 12 principles of memory. One key principle is associating/connecting info to what you already know

#3

Output/Retrieval:
Rehearsing recalling the key information will improve your test scores

#4

Ask for help!
Make the Grades have trained coaches to support you to increase your memory

Remembering information is an essential skill needed to succeed in college and university and many students struggle



Students have found the way they studied in high school did not work as well in post-secondary. We can help you discover new strategies that will give you the results you want, remember information on tests and make studying more efficient.

Contact us to start working with a personal academic coach

