

Introduction:

College students are confronted with two types of memory; the first and more common is *general memory*, or (**remembering**) the idea without using the exact words of the book or professor. The other type of memory is the verbatim *memorization* of words by which something is expressed. This type of memorization may be called for in all subjects but especially in law, theatre, science, engineering, mathematics, and foreign language where the exact wording of formulas, rules, norms, laws, scripts, or vocabulary must be remembered.

Memorization and remembering are two concepts that are frequently used interchangeably.

1- Memorization: Is a mental process of committing (putting/sending) something to memory; i.e: To learn something, so that you remember it exactly, such as experiences, names, addresses, lessons...

2- Remembering: Is a mental process of retrieval (recalling) of information from the past along with encoding and storage. Simply, it is to keep something in your mind, or bring it back into your mind.

3- Stages/ Steps of memory :

3-1: Attention and selection: (Taking information). To take in information effectively you need to: Focus, Be attentive and purposeful, Take regular breaks, Link information to existing knowledge, Label and categorize information and to arrange and adapt information so it stands out for you.

3-2 Encoding: Translating incoming information into mental representation (Acoustic, visual code).

3-3:Storage: The process of holding information into your memory (repeating the information).

4-4 Retrieval: Is the process of actually remembering something when you want to.

4- Remembering strategies: (Mnemonic techniques)

4-1 Acronyms: An acronym is an invented combination of letters. Each letter is a cue to, or suggests, an item you need to remember.

FANBOYS: *For-And-Nor-But-Or-Yet-So*

4-2 An acrostic: is an invented sentence or poem with a first letter cue: The first letter of each word is a cue to an idea you need to remember.

Example:

Before you speak (THINK). You have to know if it is:

True

Helpful

Interesting

Necessary

Kind

4-3 The Method of Loci: (Memory palace or mind palace):

The word loci is the plural form of locus, which means place. The loci strategy is based on your familiarity with a place, such as your home. The strategy helps you remember lists of items through organization, visualization, and association. It can work well for you if you are good at visualizing (picturing) things in your mind.

4-4 Using flash cards to remember information:

Flash cards are a powerful tool that can help you remember information such as the meanings of vocabulary words, mathematical formulas, history facts, and the correct spelling of words. Here are some strategies to help you get the most benefit from using flash cards:

- Make flash cards as you learn and study.
- Use both sides of a card when appropriate.
- Use flashcards in several different colors.
- Illustrate the cards.
- Don't put too much information on any one card.
- Carry your cards with you.
- Change the order of the cards frequently.

4-5 Peg words: Is a technique for memorizing lists. It works by pre-memorizing a list of words that are easy to associate with the numbers or letters they represent.

The peg word is substituted for the number to be remembered and the student associates the picture with the information. For example, the peg word for two (or second) is shoe. When ordered or numbered information needs to be remembered, the peg word strategy can be useful. See below for examples of this strategy in teaching science.

Peg words for Numbers:

One is **bun**, Two is **shoe**, Three is **tree** , Four is **door**, Six is **sticks**, Seven is **heaven**, Eight is **gate**.

4-6: Chunking:

This is a technique generally used when remembering numbers, although the idea can be used for remembering other things as well. It is based on the idea that short-term memory is limited in the number of things that can be contained. When you use 'chunking' to remember, you decrease the number of items you are holding in memory by increasing the size of each item. In remembering the number string 080108100, you could try to remember each number individually, or you could try thinking about the string 080 108 100 (creating chunks of numbers) . This breaks the group into smaller number of chunks. Instead of remembering 9 individual numbers, you are remembering three larger numbers.

REMEMBER. . .

Remembering is not just something you must do in college. It is something you must do in all aspects of your life.