

# HOW TO REMEMBER (ALMOST) ANYTHING



Quiz, don't reread.



Recalling information builds pathways that strengthen recall in the future. Passive exposure rarely makes things stick.



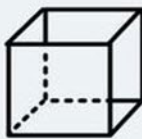
Visualize it.



Associating information to sensations is memorable, and vision is the strongest sensory cue for most people.



Structure it.



Break up the information into parts or sub-parts. Put related things together in a meaningful order.



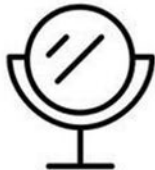
Give it meaning.



Your brain is set up to capture information that means something to you. Before you try to remember something, be sure you understand it.



Relate it to yourself.



Personal relevance makes things stick and takes advantage of what you already know.



Create a cue.



Figure out what is most forgettable about the information and link that to something that's more vivid or easier to recall.