

FLASHCARDS AS AN AID TO MEMORY

Much of studying involves the remembering of different kinds of information. In courses where there are large amounts of **FACTUAL** kinds of information, the use of flashcards may be helpful. Kinds of materials that might be considered appropriate for flashcards are vocabulary words, formulas, equations, definitions, dates, names, etc.

The primary advantage of flashcards over other review techniques is that since the cards are more conveniently carried, they will probably be reviewed more often than material in a notebook or a textbook. **FREQUENT REVIEW** of cards is what makes them effective. Short reviews **FREQUENTLY REPEATED** will generally be more effective than long sessions of cramming.

Objections about flashcards usually state that "they take too long to make". One should keep in mind, however, that the **writing down** of the material on the cards is an aid to memory in itself. One learns even as he prepares the cards.

Suggestions for Flashcard Use:

1. Use **BOTH SIDES** of the card. Write the word or information to be learned on one side and the definition or explanation on the other. This will allow you to **TEST YOURSELF** each time the cards are reviewed.
2. Review cards **OFTEN**. Carrying them with you will facilitate frequent review.
3. Prepare the cards **WELL IN ADVANCE** of the date the material is due to be tested or learned.
4. Study cards you **DON'T KNOW** or are not sure of, more often. Reviewing cards you know is a temptation but is an inefficient use of time.
5. When learning cards for the first time **BREAK THEM UP INTO SMALL GROUPS**. Learn one group of cards, then move to another group reviewing all the cards from time to time.
6. **SHUFFLE** the cards frequently and flip through them rapidly. This avoids learning the cards in a certain order. Remember it is **NOT** the cards that improve memory; it is rather **HOW OFTEN THEY ARE REVIEWED!**

