

# **PRINCIPLES OF MEMORY**

Memory Principles	When to do This	Reasons Why These Principles are Important
1. Intend to remember/learn	Before beginning to study	1. Your intentionality is crucial. If you don't actively remember something, you won't remember it very well.
2. Get an "overview" of the task	Whenever you begin a new learning project.	2. Getting a preview of the whole process you're trying to learn will help you later as you read, practice, etc. You'll be able to fill in details of each part if you start with a simplified version of the whole task first.
3. Review immediately after learning	At the end of each study session.	3. Most forgetting takes place immediately after learning occurs - not two hours or two days later. Therefore, review immediately, even if just for a few minutes.
4. Learn <b>actively</b>	Always	4. Most learning time should be spent actively in self-testing and practice rather than passively re-reading. Expose as many senses as possible to the material - read it, hear it, visualise it, etc.
5. Use an hour or two	When you're trying to read a whole chapter.	5. Complex learning like understanding new relationships, learning how to solve a problem, require longer periods of time for efficient learning.
6. Use two - five minutes	When you have a simple mechanical task or rote-memorisation.	6. Simple tasks and especially anything you have to memorise are better learnt in short, frequent practice sessions rather than an hour or two.

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7. Practice what you have learned.	In between the time you first learn something and the time you're tested on it.	7. Most forgetting takes place because people have not periodically practiced what they learned.
8. Learn in an organised way.	Always	8. You'll remember much more easily when you have a systematic, orderly view of what you have learned. If you have studied things as isolated events without seeing relationships between them, then you will forget more quickly.
9. Set and understand the goals/objectives for your study.	At the beginning of any learning or reviewing (review) session.	9. This gives you a complete overview of each study session, and will help you become a more systematic and organised learner.



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