

12 Memory Principles

Selectivity

The process of identifying and separating main ideas and important details from a larger body of information.

Basic cue words: *picking and choosing*

Association

The process of linking or connecting together two or more items or chunks of information.

Basic cue words: *linking ideas*

Visualization

The process of making pictures and sometimes "movies" in your mind.

Basic cue words: *seeing in your mind*

Elaboration

The process of thinking about, pondering, or working with information in new ways in order to increase understanding, learning, and recall.

Basic cue words: *working with information*

Concentration

The process of focusing the mind on one task or item at a time without interruptions to the thought process.

Basic cue word: *focusing*

Recitation

The process of explaining information clearly, out loud in your own words, and in complete sentences.

Basic cue words: *explaining out loud*

Intention

The process of identifying a purpose or a goal to act or perform in a specific way.

Basic cue words: *identifying a purpose or goal*

Big and Little Pictures

The process of understanding that concepts and details are different levels of information: the *big pictures* are the schemas, concepts or the main ideas, and the *little pictures* are the supporting details.

Basic cue words: *concepts and details*

Feedback

The process of verifying how accurately and thoroughly you have or have not learned specific information.

Basic cue words: *self-quizzing*

Organization

The process of creating a meaningful, logical structure or arrangement of ideas or information.

Basic cue words: *structuring logically*

Time on Task

The process of using sufficient time and effectively spacing the contact time used to process information.

Basic cue words: *using minutes and hours*

Ongoing Review

The process of practicing previously learned information.

Basic cue words: *repeated practice*