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