12 Memory Principles

Selectivity
The process of identifying and separating main ideas

Association
The process of linking or connecting together two or more pieces of info

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

Elaboration
The process of working with new info in order to increase understanding

Concentration
The process of focusing the mind on one task at a time without interruptions

Recitation
The process of explaining info clearly, in your own words

Intention
The process of identifying a purpose to perform in a certain way

Framing
The process of categorizing concepts and details as different levels of info

Feedback
The process of verifying how accurately you have learned specific information

Organization
The process of creating a meaningful, logical arrangement of ideas

Time on Task
The process of effectively using spacing and contact time to process info

Ongoing Review
The process of practicing previously learned information