

# INCREASE COMPREHENSION AND MEMORY

Students are required to read and remember large amounts of information. Therefore, students need to effectively increase their ability to understand and retain information. Here are some helpful suggestions:

## **Understand:**

You will remember only what you understand, never go on reading information you do not understand.

## **Desire:**

You will remember what you **choose** to remember. If you want to remember it...**you will!**

## **Overlearn:**

To remember information, overlearn it!

## **Systematize:**

Remember things in a logical order or sequence.

## **Association:**

Adding new material to past knowledge helps make a connection.

## **Recall:**

We will remember those things that are of interest to us.

## **Why Do We Forget?**

1. We don't make the material meaningful.
2. We did not learn the material that was previously introduced.
3. We don't have the desire.
4. We allow ourselves to become bored.
5. We have no set study habits.
6. We are disorganized and waste time.
7. We don't use the knowledge we have learned.  
We lose what we don't use!