

Independent Learning Newsletter Tips

Top Tips for Moving Information into Long Term Memory

The following are some tips which may help you to move information from short to long term memory.

1. **BE ENGAGED:** If you are interested in what you are learning you are more likely to remember it. Ask questions, pre-read information, make summaries and follow up on things you don't understand.
2. **USE REPETITION:** Repetition is key to transferring information from short term to long term memory. The more often you practice a technique, or revise your information the better it will transfer to long term memory.
3. **RECORD INFO:** Don't just write down everything your teacher says, or copy straight from a textbook or the Internet. Think about what is being communicated and create notes that are accurate, meaningful to you and build connections. Mind maps are a helpful tool for this.
4. **ORGANISE INFO:** When you are studying for a topic, make sure you organise the information into small, distinct chunks.
5. **VISUALISE INFO:** Build a mental picture of what you are trying to remember, like the parts of a plant or a battle in history.
6. **BUILD ASSOCIATIONS:** This might mean developing some kind of sensory cue which enables you to remember information such as smell or sound. Try turning your notes into a song or poem.
7. **SHAKE THINGS UP:** Write in a crazy font, use lots of colours, use your left hand to write instead of your right...anything that makes your brain have to engage more actively with what it is you are trying to learn.
8. **FUEL YOUR BRAIN:** If you want your brain to work well for you, you also need to work well for your brain. Eating foods rich in Omega 3 and essential fatty acids (such as fish, nuts, legumes and leafy green vegetables) will help your brain to function optimally. Drink lots of water so that your brain doesn't dehydrate. Keep away from too much caffeine which may impair brain function.
9. **REST YOUR BRAIN:** Getting fresh air and exercise helps your brain to process information, as does sleep. Most students need 8-10 hours of sleep a night. The last stage of memory consolidation takes place while you are sleeping so ensure you get enough sleep each night.

To access the handbook simply log into your student/parent portal at <https://portal.stedwards.nsw.edu.au/igloo/portal/#-1xxx> and in the links section you will find the following icon:

