

Memory Techniques and How to Improve Studies for Exams



Introduction

- How memory works
- Different types of memory techniques
- The most effective way to prepare for exams



How Memory Works

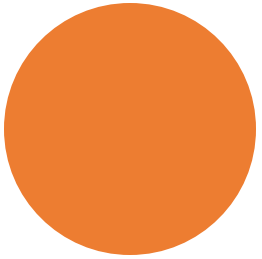


How Memory Works

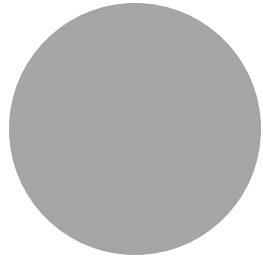
- Super-sized filing cabinet
- Well organised
- Accessible



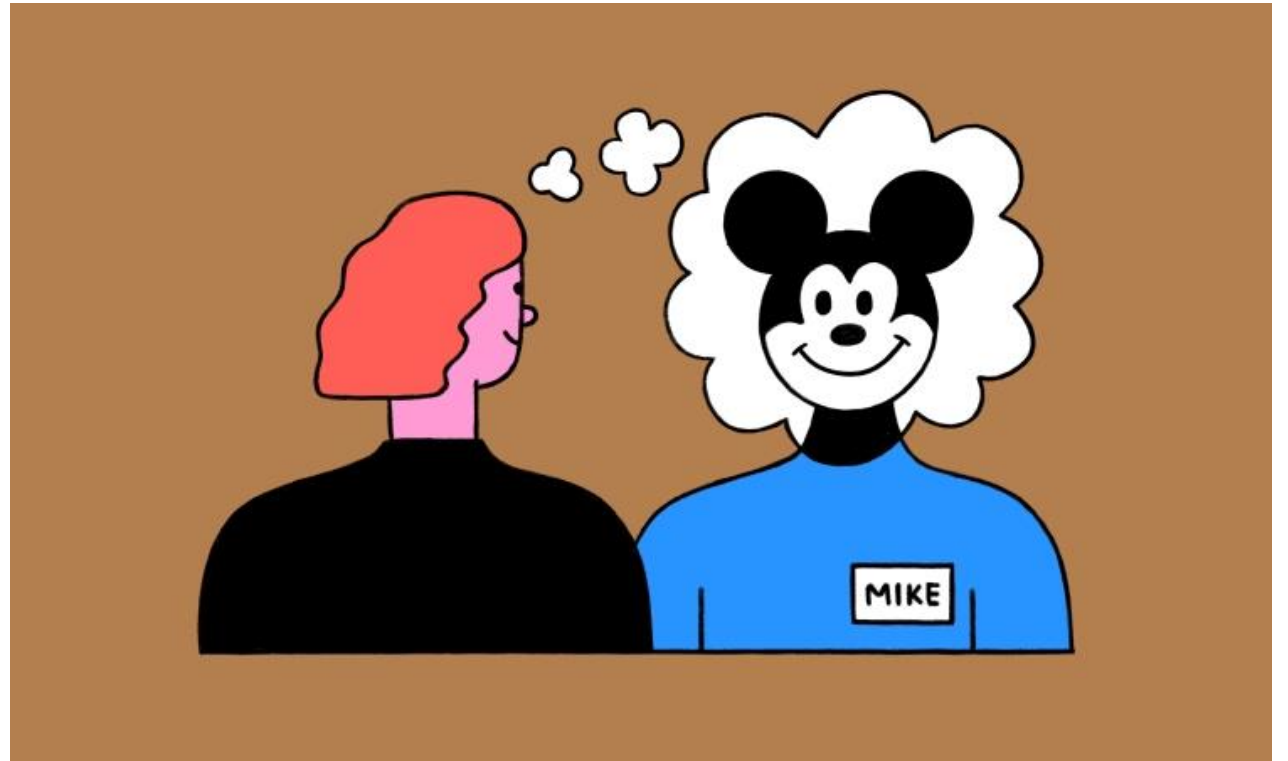
How Memory Works



ASSOCIATION



OUTSTANDING
OR UNIQUE



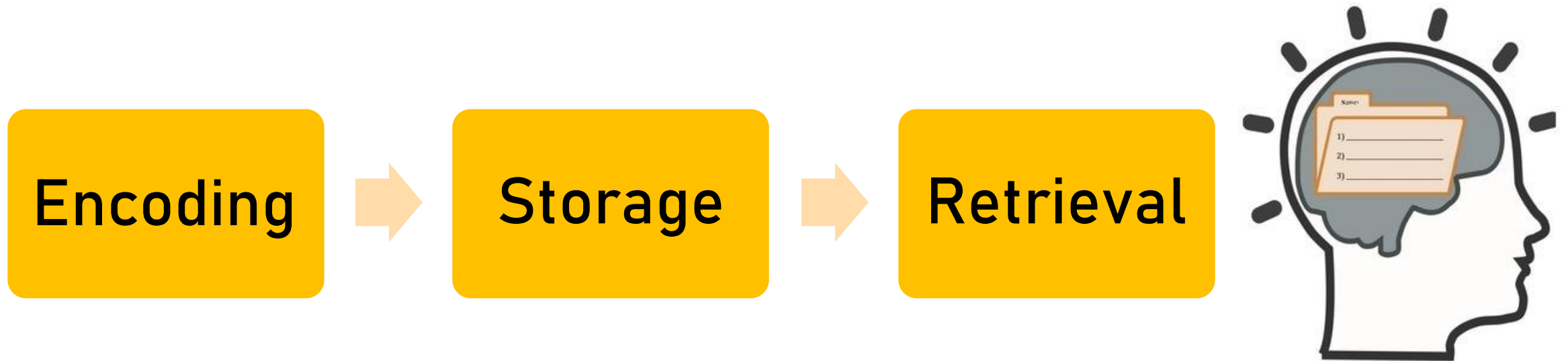
Memory

Strong appeal to
senses

Interests



3 stages of memory :



Encoding

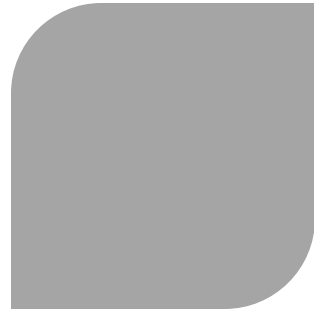


- Taking information
- Understanding information
- Altering information

Four Methods of Encoding



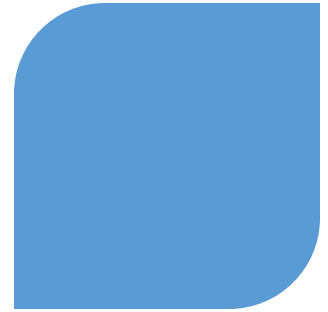
1 - VISUAL
ENCODING



2 - ACOUSTIC
ENCODING



3 - SEMANTIC
ENCODING



4 - TACTILE
ENCODING



Storage

Holding
information

Short term
memory

Long term
memory



Short Term Memory

Encoded acoustically

15 - 30 seconds long

Limited storage





Long Term Memory

Encoded semantically

Indefinite duration

Unlimited storage





Retrieval



Diff
Tec



Visual Learner

- Thinks in pictures
- Vivid imagination



Creating Lists

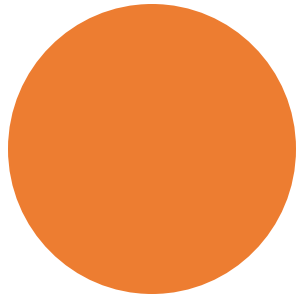


Imprints knowledge

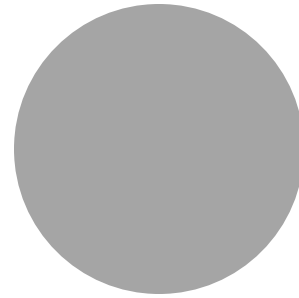
Overview

Numbered lists

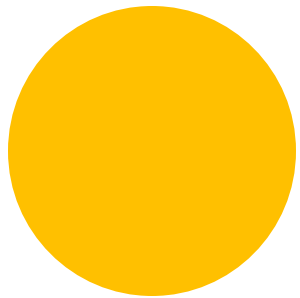
Mind Maps



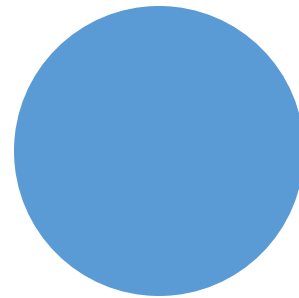
Organisational diagram



Colour and shape



Condense large amounts of
information



Legible and coherent

Diagrams



Illustrate information

Outline

Memory aid

Visual Cues

Colours

Underlining

Emboldening

Bullet points

Symbols

Auditory Learner



- Listen
- Communicate

Auditory Memory Techniques

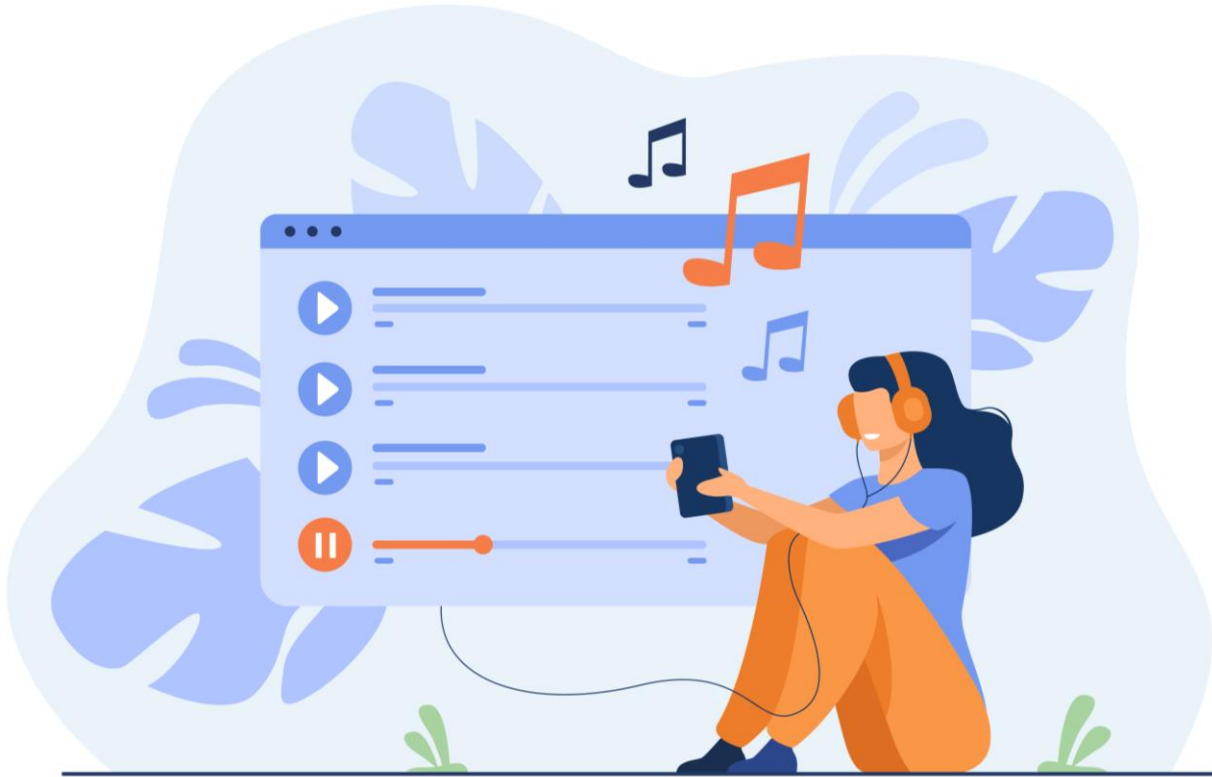
Reciting

Active Listening

Repetition



Podcasts



**"The Real Python" –
Christopher Bailey**

**"Learn to Code in One
Month" – Chris Castiglione**

Methods to Recall Information

- Story-telling and Teaching Others
- Acronyms



Example of Acronym

B

E

M

D

A

S



Kinaesthetic Learner

- Actively engaged
- Physical actions



Movement of Body

Chew gum

Pace

Tap foot

Rocking chair





Walking or Exercising

Hard to sit still

Pacing

Reviewing while
running

Movement

Keeping Hands Busy

Typing notes

Writing information

Stress ball

Release tension



Flashcards

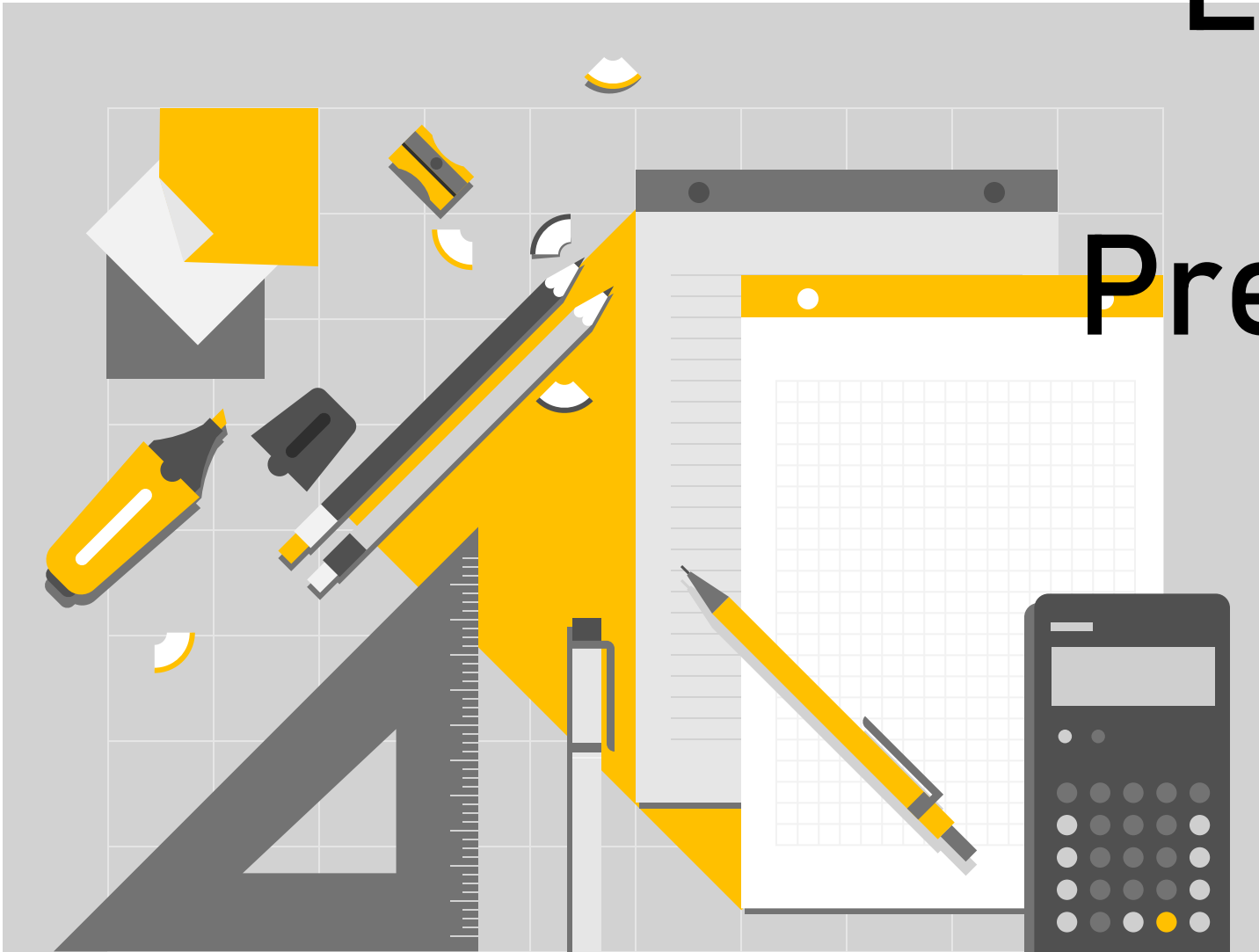
- Colourful
- Handy
- Portable

Draw Flowcharts

- Diagrams
- Movement
- Running fingers



Effective Exam Preparation



December 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

January 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Winter
Exams

When to Start Revising

Same day as
lectures

Within a week

Within 3 weeks

Until you
seriously start
revising

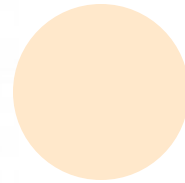
Same Day as Lectures

- Review notes same day
- As soon as possible

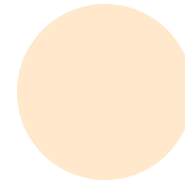




Within a Week



**Review
summary**



**Note in any
missing info /
questions**

Within 3 Weeks

Likely exam topic =

Start active revision



Until Serious Revision

Continue reviewing
everything

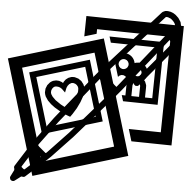


Practice

Going over material

Mnemonics





Practice



- Using memory
journey, special place,
etc.
- Writing quickly in
exam situation

Chunking Information

**5 chunks of
information in
short-term
memory**

**Can also be used
in long term
information**

Key to Memorization

- Review what you have learned
- Self-check frequently
- Repeating imprints knowledge



For Students

Starting at TU Dublin

Returning Students

Timetables

Health & Safety

Student Services & Support

> Registration

> Fees & Grants

Examinations

> Exam Timetables

> Exam Results

> Exam Past Papers

> Exam Transcripts

> Exam Forms

> Contact Us

Examinations

Information on exam timetables, exam results, exam past papers can be found here.

Exam
Timetables



Exam Results



Exam Past
Papers



Exam
Transcripts



Exam Forms



Contact Us



Exam Timetables

Conclusion



Thank You!

