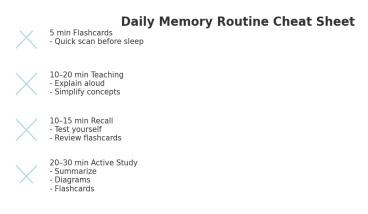
## ■ Adult Memorization Cheat Sheet

This document summarizes the best evidence-based techniques for memorization as an adult.

## **Core Principles:**

- 1. Active Recall: Test yourself, don't just reread.
- 2. Spaced Repetition: Review at expanding intervals.
- 3. Chunking: Break information into small groups.
- 4. Dual Coding: Combine visuals with text.
- 5. Elaboration: Connect new info to what you know.
- 6. Mnemonics/Memory Palaces: Use vivid imagery.
- 7. Interleaving: Mix topics, don't block them.
- 8. Teach/Explain: Use the Feynman technique.

## **Daily + Weekly Routine:**



Weekly Cycle: Day 1: New material (encode actively) Day 2-3: Recall review (spaced repetition) Day 4-5: Mix with old topics (interleaving) Day 7: Teach/re-explain big picture

Follow the daily cycle (morning, afternoon, evening, before sleep) and reinforce with the weekly review cycle (Day 1, Day 2–3, Day 4–5, Day 7).