

■ 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:

Daily Memory Routine Cheat Sheet

- ✕ 5 min Flashcards
 - Quick scan before sleep
- ✕ 10-20 min Teaching
 - Explain aloud
 - Simplify concepts
- ✕ 10-15 min Recall
 - Test yourself
 - Review flashcards
- ✕ 20-30 min Active Study
 - Summarize
 - Diagrams
 - Flashcards

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).