**The Ten Memory strategies**

1. Spread memory work over several sessions.
2. Recite material out loud.
3. Expect to remember—assume a positive attitude.
4. Organize material to be memorized into a logical pattern.
5. Test and retest regularly.
6. Overlearn.
7. Use hooks, catchwords, and silly sentences.
8. Do memory work before sleeping.
9. Write down, repeat, and concentrate.
10. Understand relationships.

**Visualize for Success**

1. Use chronological time lines to remember dates.
2. Sketch trees and fill in the branches with material to be learned.
3. Use flow charts to remember things in sequence.
4. Create a study map.
5. Make associations to remember the relation of various items.
6. Cluster thoughts in an outline format.
7. When there are 10 or fewer items to learn, use hand prints.

**Review this section of study skill strategies often**