



## Student Success Centers

**Macon Campus**  
Library—2<sup>nd</sup> Floor  
Room L226  
100 College Station Drive  
Macon, GA 31206  
(478) 4712057

**Cochran Campus**  
Grace Hall 2<sup>nd</sup> Floor  
1100 Second Street, SE  
Cochran, GA 31014  
(478) 9343106

**Dublin Campus**  
Library 200  
1900 Bellevue Road  
Dublin, GA 31021  
(478) 2756769

**Eastman Campus**  
Terry L. Coleman Center,  
Room 1181  
71 Airport Road  
Eastman, GA 31023  
(478)374-6700

**Warner Robins**  
Oak Hall, Room 128  
100 University Boulevard  
Warner Robins, GA 31093  
(478) 9296770

Visit our centers online at:  
<http://www.mga.edu/student-successcenter/>

## Memorization

Studies have shown that

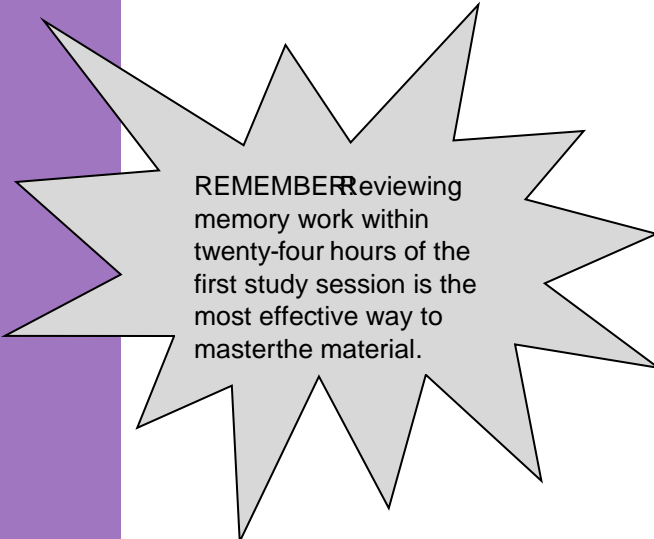
**LEARNERS** retain:

- { 10% of what they read
- { 20% of what they hear
- { 30% of what they see
- { 50% of what they see and hear
- { 70% of what they say
- { 90% of what they do and say

Overview of Memory

Training Steps:

- { Spread your memory work out over several sessions
- { Recite material out loud
- { Expect to remember (assume a positive attitude)
- { Organize your material into a meaningful pattern
- { Test and retest yourself
- { Over learn
- { Use hooks, catch words and silly sentences
- { Study before sleeping



**REMEMBER** Reviewing memory work within twenty-four hours of the first study session is the most effective way to master the material.

### SQ3R FORMULA

- Step 1: Survey
- Step 2: Question
- Step 3: Read and underline outlines
- Step 4: Recite and write
- Step 5: Review

Use ALL of your Senses:

- { See it... read and visualize material
- { Write it... and rewrite ...notes, outlines, answer questions
- { Say it...hear it!
- { Sing it!
- { Imagine it... visualize it!
- { Repeat it!

Research Studies show that answering questions aloud improves recall by at least 80%!