



Academic Success Coach's Tip for Success

Memory Tips: How to make the info stick!

To get the most from study time, students often ask how to enhance their memory. This is a great question. Good memory depends on several factors. Check out the suggestions below to discover strategies to support better memory now and throughout the lifespan!

Good memory begins with a healthy diet:

- Commit to a healthy diet
 - avoid inflammatory foods
 - seldom use alcohol
 - caffeine in moderation
 - control blood sugar (watch glycemic index)
 - maintain a normal weight
 - stay within daily caloric guidelines
- Check out the [MIND diet](#) for dietary guidelines to support your brain.

Good memory supported by exercise:

- Daily [exercise and physical activity](#)
 - 150 mins / week
 - 2 days / week of muscle strengthening

Good memory supported by sleep:

- Minimum 7-8 hours a night
- Turn off electronic devices an hour before bedtime
- [Sleep tips from Harvard University](#)

Good memory requires stress management: Stress negatively impacts memory, as well as the immune and cardiovascular systems. So engage in regular self-care and stress reduction activities such as: [meditation](#) or [mindfulness](#) practices, [guided imagery](#), yoga, [tai chi](#), biofeedback ([HeartMath](#) – quick coherence technique), laughter and [gratitude](#), time in [nature](#), positive social connections, prayer and [spiritual practices](#), [journaling](#), art activities ([Zentangle](#)®), listening to music, exercise, etc.

Six study habits support good memory:

- Spaced review (engage several times)
- Retrieval practice (self-quizzing)
- Dual coding (concept maps and mnemonics)
- Concrete examples (practice questions and cases)
- Elaboration (summarize, paraphrase)
- Interleaving (each subject daily)

Read more at the [Learning Scientists](#)

Memory Palace is a great memory tool!

Basically, you create a map in your mind of a familiar place, such as the rooms in your house. Plan out the route you travel through each room. Now you are ready to place memory items in each room. When you recall the map, and retrace your steps through each room, you encounter the items you saved there. This is a fun and effective memory tool. To learn the specifics of how to use it, check out these two sites:

[Art of Memory](#) or [Litemind](#)