

Directions:

Circle the number that most accurately reflects your behavior.

Then list your goals below.

1 = never
 2 = rarely
 3 = sometimes
 4 = frequently
 5 = always

When studying new material, I summarize, putting the material in my own words. 1 2 3 4 5

When memorizing a list or sequential process, I use acronyms and other mnemonics (memory aids, pronounced "newmoniks"). 1 2 3 4 5

I review my notes within 24 hours of class to reinforce the material. 1 2 3 4 5

At least once during each study session I review vocabulary and important concepts from a chapter or section. 1 2 3 4 5

I study during short periods of an hour or less rather than "marathon" sessions. 1 2 3 4 5

I group smaller bits of related information into segments that can be collectively memorized. 1 2 3 4 5

I apply examples from my text or notes to difficult concepts. 1 2 3 4 5

I create my own examples or use life experiences to help me remember difficult material. 1 2 3 4 5

I visualize various stages or steps of processes. 1 2 3 4 5

I use or make my own comparison charts or mind maps when trying to remember interrelated material. 1 2 3 4 5

I associate new ideas to material that I already know. 1 2 3 4 5

I employ multiple learning styles to process information that I am trying to learn, such as using charts (visual), reciting aloud (auditory), and manipulating flashcards or models (tactile). 1 2 3 4 5

I review material repeatedly until it becomes second nature to me. 1 2 3 4 5

I get a sufficient amount of sleep *after* studying. 1 2 3 4 5

Memory goals: Concentrating on the statements to which you answered 1, 2, or 3; identify three behaviors you wish to improve and list them below.

