Three Rs of Memory

### Reception
*We can’t remember what we don’t receive*
- become more attentive and observant
- use as many of your senses as possible
- ask questions to clarify
- survey a chapter before reading
- review notes before going into class
- avoid or eliminate distracters
- write down intrusive thoughts/concerns
- have healthy snacks and water on hand

**Impacted by:**
- fatigue
- hunger
- boredom
- distractions
- anxiety
- mindset
- drug/alcohol use

### Retention
*The main task is to transfer information from short-term into long-term memory*
- make a conscious effort to remember
- underline, highlight, annotate textbooks and notes
- organize information using mind maps, charts, outlines
- review as soon as possible after learning
- recite, visualize, associate
- complete assignments and practice tests
- tell someone what you’ve learned
- find a reason to remember
- be selective

**Impacted by:**
- active study strategies
- regular review
- motivation/interest
- practicing the performance

### Recollection
*Recall during tests and exams*
- plan sufficient time for study and review
- eat properly and get enough rest before the test
- write down memory cues in the margin
- stay in the moment
- breathe, stretch, relax

**Impacted by:**
- adequate sleep
- positive attitude
- spaced study
- anxiety