Names & Faces

When you can’t seem to remember them, here are some tips!

1. Make sure you get it the first time

   Pay attention! How can you expect to remember something if you weren't listening or looking the first time?

2. Make the name meaningful/memorable

   Find a distinctive feature on the person and associate it with something meaningful you will remember. (“Batman,” the man with bat wings, or Harold, the Hat guy.)

3. Review the information and the association

   Repetition is key! Repeat the name as many times as possible (without being overbearing), ask about it again, write it down, or use it every chance you can!

Mnemonics

1. Acronyms & Acrostics

   Acronyms: Create a phrase using the first letter of each item on a list. (PEMDAS- Order of operations in Mathematics)

   Acrostics: The first letters of each words become the first letters of word in a new sentence…something EASY to remember! (Please Excuse My Dear Aunt Sally)

2. Peg System

   Find pegs you can use to “hang” items of your list on, like numbers, or alphabet letters. (1-gun, 2-glue, 3-tree, 4-snore)

3. Link & Story Method

   Imagine the items on your list in your mind, then visualize them connecting to each other in a silly or ridiculous way. (Try picturing you grocery list connected, with your eggs inside of your milk, and your milk pouring from a loaf of bread!)
These strategies will help you retain and recall all kinds of information. The more of them you use, the better the chance you’ll remember this time!

Identify:
Try to identify important information as you see it. Can you remember the color of each letter in the Google logo right now? You’ve probably seen it every day of your college career, but unless you’ve noticed and identified it as important, you won’t have that information stored for when you need it.

Meaningfulness:
Make the subject more meaningful to your personal life. Find a rule or principle that makes it more important to you—try relating it to a good song or your favorite video game.

Organization:
Your mind is like a filing cabinet. Put the information in correctly, and you can recall it much quicker. Try arranging the material into a sequence or group it together based on categories.

Association:
Relating what we are learning to everyday things in our lives helps create a basis for our brains to understand and remember information better. How do your class notes relate to the TV shows you watch or the books you read?

Visualization:
Images are more memorable than words, so think of what you’re trying to learn in a visual way. You could even draw it out or create a graph to represent it. If nothing else, always visualize it in your mind.

Attention:
Failure to pay attention is one of the most common reasons we “forget” everything, from names and faces, to important test material.

Relaxation:
Stress causes frequent mental blocks. When our bodies and our minds are relaxed, and our anxiety levels are low, the brain can focus on retaining more information.

Repetition:
Repeating material you’re trying to remember is a classic technique! When you consistently repeat concepts out loud, you can easily spot holes in the information and make sure you know it well!