

MAXIMIZE YOUR STUDY EFFORTS

with **MEMORY HACKS**

Our brain tends to focus on the big, relevant facts and dismisses small details. Here are ways to optimize your study efforts and retain more.

MNEMONICS

Using a pattern of letters, ideas, or associations can help aid memory

VOICE RECORDINGS

Record yourself reading notes to listen to when doing chores, errands, or commuting.

SELF-TESTING

Create and take mock tests or have others quiz you.

FLASHCARDS

Write test questions on one side and complete answers on the other.

TEACH OTHERS

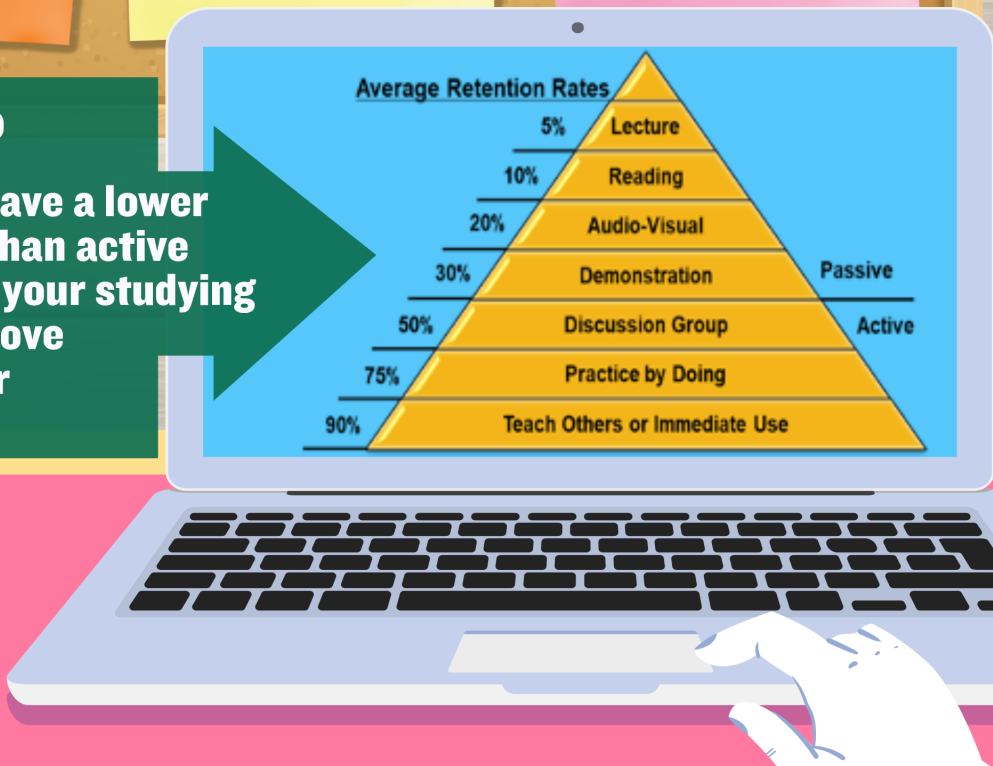
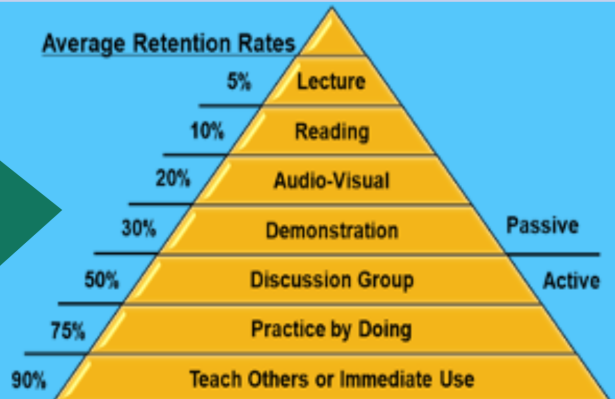
Explain a single concept or prepare a mini-lesson for others.

SLEEP

7-9 hours of sleep will help recharge the brain and organize knowledge.

FINAL TIP

Passive tasks have a lower retention rate than active tasks. Spice up your studying with the tips above to enhance your retention!



For more ways to strengthen your resilience, connect with us at:

www.armyresilience.army.mil

@ArmyResilience  