

## MAKING MEMORY WORK

Are you finding that you lack Bible knowledge? Think of your mind as a revolving clothesline. Your clothesline may not have as many "hooks" on it as some of the other students; but that is part of the function of the Bible Survey courses. As you successfully put the survey information into your memory, you are providing memory hooks for future related material to hang on.

The goal of memorizing is to transfer short-term memory items to long-term memory. How is this done?

1. Work in **20 minute intervals** with a **10 minute break** time to maximize your ability to comprehend and retain the memory work.
2. Distribute the practice. A **few minutes a few times a week** is a good idea.
3. **Concentrate**. Rehearse the line to yourself for ten seconds, without interruption. New patterns of retrieval will be made in the brain's circuits.
4. Put test material on halved **index cards or in two column study sheet** format. The term or question is on one side, the definition or answer is on the back side of the card or the other side of the paper. Reviewing them five times in one sitting will aid in remembering the material.
5. Begin studying for tests **two weeks in advance**.
6. Develop review strategies. Work out a system of letters and symbols that will serve as personal reference tools to find specific kinds of information from the readings.
7. Process the information by coding it.
  - a. **Associate an image** with the item you want to remember. E.g. make your grocery list into vivid mental images.
  - b. **Look for a detail** that can form an association to aid your memory. E.g. when being introduced to someone who reminds you of someone you already know: "She looks a little like Aunt Ellie."
  - c. **Condense the material** into outlines or other kinds of notes.
8. To memorize Scripture, use the "Whole method."
  - a. **Read the whole passage**, with concentration, several times.
  - b. After a few days, **try saying the parts you know** and reading the parts you don't know still going through the whole chapter. Concentrate on difficult parts, if necessary.
  - c. **Over learn**. Additional helps: Use a tape recorder in your car; have someone listen and prompt you, or simply read, covering up the chapter until you need prompting.