

# ACADEMIC ADJUSTMENT

Now that you know how important it is to deeply process what you want to remember, try **some of these tips**:

- ⚙️ Spread out your studying sessions. Six, one-hour study sessions are much more effective than one, six-hour study session.
- ⚙️ When studying, think about how what you're learning applies to your own life.
- ⚙️ Before you begin studying new material, *test yourself* on what you learned last time. This keeps deepening the consolidation of your memories.

# STAY CONNECTED

For more information on studying and remembering, watch the videos by Dr. Stephen Chew about how to get the most out of studying:  
<http://www.samford.edu/departments/academic-success-center/how-to-study>

To access other **Psychtools for School** resources please visit: <http://tinyurl.com/hbw7zff>

This project was supported by the APS Fund for Teaching and Public Understanding of Psychological Science.

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Make Your  
Studying Stick

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# PSYCHOLOGY CAN EXPLAIN THAT



Remembering something is a simple process. By paying attention well enough, you encode information into your memory in such a way that it can be retrieved later. It's not magic. At least it shouldn't be magic. If you know magic, what are you doing at this school?

The Levels of Processing Theory tells us that we remember information best when we think about it deeply. This means considering the meaning of what you are learning, drawing new connections, thinking about how the new information applies to your own life, and testing your memory often.

One other important element required for deep encoding is sleep. Memories are made when your brain, specifically the hippocampus, activates and rehearses information in memory storage. Getting enough sleep can be a challenge for many university students and you may feel pressure to stay out later than you would like. So here's a tip that's guaranteed to work: the next time you're at the bar and you want to leave, tell your friends that you're scheduled for deep encoding. When they ask you what the heck that is, you stare them dead in the eyes and say, 'It's classified'. Then just walk out.

# ZZZ CONSEQUENCES

If you didn't know these research findings about how memories are made, you might be tempted to:

- ⚙️ Cram your studying into one, long study session.
- ⚙️ "Go over" your notes and the text without thinking about what the material means, how it is connected to other content from the class or how the material applies to your life.
- ⚙️ Undervalue the importance of a good night's sleep.
- ⚙️ Fail to use the term 'deep encoding' colloquially. It's way better. Together, we can make this a thing.



MEMORIES ARE BEST MADE WHEN WE DEEPLY PROCESS WHAT WE REMEMBER AND ALLOW OUR BRAINS TO CONSOLIDATE THAT INFORMATION DURING SLEEP



## SITUATION



Natalie needed to prepare for a big test but as usual, life got in the way. Finding the time was difficult because she was scheduled for long hours at work. Also, there were many high quality cat videos that weren't going to watch themselves. The night before the test, she stayed awake and crammed for twelve hours straight. Despite her efforts, she only earned a C on her test, and that C didn't stand for 'Cool knowledge!' She was so disappointed.