MEMORY SELF-ASSESSMENT

Think of your memory techniques and answer **yes** or **no** to the following statements:

1. I take time to review my notes for each class within 24 hours.  
   Yes  No
2. I have a system to make down what I need to remember (i.e. highlighting, underlining).  
   Yes  No
3. I associate facts with things that are familiar to me.  
   Yes  No
4. I use pictures or maps to remember details.  
   Yes  No
5. I use songs or mnemonics to recall main ideas.  
   Yes  No
6. I am able to determine what needs to be memorized and what I simply need to understand.  
   Yes  No
7. I use down time to test my memorization of key ideas.  
   Yes  No
8. I create my own examples to illustrate ideas I need to remember.  
   Yes  No
9. I explain things I need to remember to friends or family without referring to the book.  
   Yes  No
10. When I need to remember facts, I begin learning them at least a week before the exam.  
    Yes  No
11. I use flashcards as a memory aid.  
    Yes  No
12. I create outlines for assigned texts.  
    Yes  No

**SCORE IT:**

1 point for each “yes” and 0 points for each “no”  
Score:____

9 points or more: It sounds like you are on your way to a successful semester!  
Review areas in which you answered “no” and try to integrate these into your study strategies.

Between 6-9 points: Check out the handouts provided on our website about memory strategies.

Below 5 points: You might benefit from dropping in with an Academic Skills Tutor or making an appointment with a Learning Specialist to discuss this topic.