

The Neuroscience of Learning

Tips for Remembering What You Read

As you learn more about neuroscience, you'll learn why each of these strategies is consistent with the way your brain best sustains information in memory. Click on each of the tips below to learn more, starting with Tip 1.

Tip 1- Multiple Readthroughs

Reading through a text multiple times will help you remember, but you may find that different information stands out each time you read it. Try using a different colored highlighter pen each time you read through the text so you can see which information stood out each time.

This will enable you to experience the value of rereading as you experience success, and encouraging you to have a mindset that allows for a growth in knowledge.

Tip 2- Sticky Notes

Sticky notes are small, brightly colored pieces of paper which are slightly adhesive on one side. These notes can be stuck to a page and often provide extra space to write some notes of your own. You can also use these notes as brightly colored bookmarks to help you easily find the most useful pages in your book.

When using your eBook platform you can also add sticky notes to the text you are reading. Simply click and drag to highlight the text then click on the notes icon.

Tip 3- Active Note Taking

Making notes while reading will help you remember; the act of writing allows your brain to focus on the information. You'll recall from chapter 4 that "talking back to the text" through "Sticky-Note Dialogues" or "Think-Alouds" helps promote the general principles of reading comprehension. This section will cover two additional types of note taking.

You may wish to make notes that you can come back to later so you are not distracted from what you are correctly reading. Notes such as, "I want to know more about this" or "This reminds me of..." will be highlighted when you look through the text again.

Paraphrasing

The definition of paraphrasing is rewriting text into other words. Rewriting important passages or sections in your own words will not only help you remember, but will also allow you to understand it better when you read it again later. To paraphrase something, you must

understand the text to begin with; therefore you are more likely to remember it rather than if you had just read it without paraphrasing.

Tip 4- Catchy Titles

Try giving a section of information a new title. You can make up your own or reference a film, book or song. The funnier or sillier the better as it will help you remember!

Here are some examples:

"Biology Strikes Back"

"Adventures in Osmosis"

"Quantum Theory for Dummies"

"The Matrix of Genealogy"

"Psycho! logy 101"

Tip 5- Personalization

The previous tip focused on section titles, but why not personalize everything else? You can use photos, cartoons, names of people or places, jokes, quotes, anything at all. Here are some examples:

- "I'll be back" can be used when you wish to review something later
- "Go ahead, make my day" for something particularly difficult

Tip 6- Categorizing

When reading through some text, it can be helpful to categorize it by importance or difficulty. This means that when you look back through your notes, you can easily see which sections require a closer look.

When reading through the text, it may be a good idea to note time allocations for when you review each section later. If you know that you are struggling to understand a section, allow more time for it. Much like the smiley faces or traffic lights, you'll quickly be able to see which sections require more of your time rather than others. On a similar theme, you could put speed limit signs which indicate how quickly you can go through a section.

Tip 7- Group by Color

If you have a lot of text or notes that seriously need organizing, then you could try assigning a different color to each section. This means that when you need to find all of your notes on a topic then you just need to look for a color.

Highlighter pens, colored ink or sticky notes can all be used to help you sort your text by color.

Tip 8- Information Manipulation

When looking at information, it may be easier to remember it by manipulating into a format that you are more likely to remember. In the example below you may remember that a polygon is also an escaped parrot. You could use mnemonics to help you remember words or phrases. Here are a couple of popular mnemonics below. Can you think of any others?

"**M**y **V**ery **E**xcellent **M**other **J**ust **S**erved **U**s **N**achos" is a mnemonic for the planets in our solar system:

Mercury
Venus
Earth
Mars
Jupiter
Saturn
Uranus
Neptune

Tip 9- Images and Doodles

You could try adding your own drawings to doodles to help you remember. (Please don't draw on a textbook that doesn't belong to you!)

Tip 10- KWL

Before starting a chapter you may wish to use the chart below to help your learning.

	K column
What you think you K now	
	W column
What do you W ant to know?	
	L column
What have you L earned?	

Tip 11- Quizzes

Once you finish a topic, it is a good idea to test your knowledge. You'll find information a lot easier to remember once you start applying it. Often textbooks contain short quizzes for you,

otherwise you could create your own or find questions elsewhere. To put this to the test, here are 5 questions to see how much of you have learned so far.

Question 1: What is the definition of "paraphrasing"?

- a) To rewrite text into other words.
- b) To remember something.
- c) To look for more information on a topic
- d) To copy something word for word

Answer: a) To rewrite text into other words

Question 2: What can you use to help you personalize text? Select all of the answers that you think could be used.

- a) Jokes
- b) People
- c) Photos
- d) Film References
- e) Sounds
- f) Cartoons

Answer: All of these.

Question 3: What does "K", "W" and "L" stand for in a KWL table?

- a) Knowledge, Work, Learned
- b) Know, Want, Learned
- c) Knowledge, Want, Learned
- d) Know, Want, Lessons
- e) Know, Work, Lessons

Correct: b) Know, Want, Learned

Question 4: "**M**y **V**ery **E**xcellent **M**other **J**ust **S**erved **U**s **N**achos" is an example of a... ?

- a) Mnemonic
- b) Alliteration
- c) Metaphor
- d) Phonetic
- e) Onomatopoeia

Correct: a) Mnemonic