

Learning Techniques for Long-Term Memorization of Data

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### Memorization Strategies

One of life's greatest tools is learning to read and reading to learning (quota unknown). It's always said in my country that "if you want to hide something from a Bahamian, to hide it in a book", but that notion is being depleted nowadays. I invite you to engage visually, in hearing or either with a tool that is more beneficial for you to remember what you see, hear, or have read. Opportunities come and go, but if you're not prepared at its announcing, then it becomes a missed opportunity; that may never visit you again. Preparation is key to every successful foundation, because from it stems all the seed you've planted. Seeds or strategies are comprised of learning objectives that help you attain long—term and short-term memory; which improves and optimizes your brain power. Learning techniques such as: repetitive reading, elaboration and mnemonics are seeds that helps you to evolve academically, excel mentally, and achieve your present or future goals.

I visualize our brain as a bulb that illuminates not only when new information is introduced, but even more when the information is understood, personalized, memorized or familiarized. Learning techniques such repetitive reading enables you to transfer the data from short-term to long-term memory, because the short-term memory can only contain a limited amount of data for a short period of time. The technique of elaborating requires for you to add details like: flash cards, study with a candle, or think of how the data relates to you; all of which; will make it easier for you to remember a text. Mnemonics along with acronyms, acrostics and others unmentioned prep you with the knowledge of creating a different language by taking the first letter of each word in a phrase and create a word (acronyms), acrostics takes you back to

kindergarten by creating a song or rhyme; that helps you to remember, while mnemonics is solely useful for remembering facts, but it's tricks truly enhance your memory.

If you collaborate all of the above leaning techniques, I believe you'll surpass every struggle you have ever encountered if you tried it again. I have been enriched with a heightened desire to study, prepare for exams and above all pass on all that I've learned to others. I believe every future goal is more than achievable because it's vital and beneficial for college and everyday living. I encourage you reader to apply the above information to the required areas of your life and I believe increased change will follow.

References

Fralick, Marsha. (2016). *College & Career Success 7<sup>th</sup>*, Dubuque, IA: Kendall Hunt Publishing.