

This video shares two memory exercises designed to teach you how to remember more of what you read in textbooks and how to organize material to increase your understanding and retention of information. Your memory can work better than you think it can!

Let's get started with your participation in an exercise. You'll need paper and a pen or pencil ready. But set it aside for the beginning of this activity.

16-Word Activity

Concentrate on the words presented.

Now write the words you remember down here. Any order will do. Pause the video if you need some more time to finish your list.

Now let's go back over your list. Follow Scott's directions of placing a 1 next to any of the words he said. Now place a 2 next to any of the words he listed then. Now count how many #1 words and #2 words you remembered and write down those 2 totals. #1: _____. #2: _____

