

CHAPTER 6

Performance Strategies

Memory Skills

- Intend to remember.
- Be observant and alert.
- Prepare yourself mentally and physically.
- Use all your senses.
- Make learning visual, auditory, and physical.
- Write down information.
- Study in short sessions.
- Organize information.
- Go from general to specific.
- Associate and connect.
- Recite.
- Review often and practice.