Reading is Thinking

RECALLING INFORMATION

Strategy: Rehearsing

Do you ever feel that you primarily learn information for a test, and then forget most of it as soon as the exam is over.

Do you keep up with assigned readings, but find that you are unable to remember the information on the day of an exam or during class discussions?

If you answered YES to either of these questions then the REHEARSING STRATEGY may be for you.

When you want to remember and recall information, you have to practice it, or else it fades. So, just as actors need to rehearse in order to remember their lines, you need to rehearse to remember what you are learning and attempting to recall.

- Rehearse for short practice periods (30-60 minutes) and then take a short break. This is a great time to text a friend or have a snack.

- Use a multi-sensory approach when you rehearse: say it, write it, read it, draw it, sing it, or whatever works for you. The point is that you don’t just read it and hope to recall it.

- Just before going to sleep, review everything you will need for the next day. This is a vital step remembering and recalling.

- As you are eating breakfast, brushing your teeth, driving/walking to class or drinking your Starbucks, review and recall the material one last time.

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