Study & Memorization Skills
For HUC students
Academic Support Centre

- Academic Strategists
- Library Services
- Tutorial Centre
- Writing Centre
MEMORY STRATEGIES: Passive vs Active

The joy of learning
Study Strategies Questionnaire

• Why become a Hospital Unit Clerk?
• What could interfere with school?
• How do you organize your time currently?
• What time of day are you most alert?
Time Management

What is the value of organizing your time?

**Time Management Skills:**

- Use a monthly calendar
- Create a weekly study plan.
- Be prepared before you sit down to study – have a very clear goal in mind for what you want to accomplish in that study session
- Recognize the value of those 5 minute intervals
### January 2017

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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Plan my week

- School 8:00-3:30
- Meet group for 12 at 12:00
- Review - add 20 more
- Hand in assign - air BWL

- Personal
  - Grocery shopping
  - Pick up dry cleaning

- Supper - spaghetti & salad
  - Personal
  - Workout 4-5
  - Vacuum downstairs
  - Boy 8-day present for Joe
  - Supper - pork chops
Memory Strategies

• Maintenance rehearsal vs elaborative rehearsal

• You need to WANT to remember

• Use your senses and the power of your visual memory

• Make it part of your everyday vocabulary

• Chunking strategy

• Constant rehearsal and review
Memory Tools

Index Cards

Key Word Strategy

Foldables

Helpful apps and Websites

Importance of Self Testing
Index card

-uria

condition of urine
Index card

- CSF
- Cerebral Spinal Fluid
Index card

ac, al, ar, eal, ic, ary (suffixes)
pertaining to
Index card

-lysis

If a spouse lies in a marriage it may cause a ____________.

breakdown
separation
destruction
loosening
Index card

- Scopy
  - hint - microscope
- visual examination
Index card

nocturia
noc·tu·ri·a

voiding
at
night
Memory Strategy – Key word Strategy

This strategy relies heavily on our visual and auditory memory.

1. Take the word you are trying to learn and listen to how it sounds. What words come to mind?
2. Create a visual image using those words.
3. It’s this visual cue that will help retrieve the information from our memory when it is needed.
Memory Strategy – Key word Strategy

diaphoresis
di·a·pho·re·sis

excessive sweating
"Dying for recess"

A kid can't wait for recess but it is so hot out and she is playing and running around and she starts to sweat.
A kid can't wait for recess, but it is so hot out and she is playing and running around and she starts to sweat.
<table>
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<th>Memory Strategy - Foldable</th>
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<td><strong>Bacterial and fungal tests</strong></td>
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<td>Blood culture</td>
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<td>Bence Jones protein</td>
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<td>Urine analysis</td>
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<td>Serum creatinine</td>
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Helpful Apps and Websites

Dictionary.com
- hear how hundreds of medical terms are pronounced
- create your own list of favorites

Medical Terminology and Abbreviations
- quick reference guide

Medterm Scramble
- fun game if you need a break

Quizlet
- use for those terms that are difficult to remember
- be sure to create your own flashcards
- great way to practice your spelling
Self Testing / Review

How to use your flashcards (distributed practice):

1. create 5 and rehearse those 5
2. test your recall immediately
3. create 5 more and rehearse those 5
4. test your recall of all 10 flashcards etc.…

Recognize the value of those 5 or 10 minute segments of time we all have.

Use your phone to take pictures of your index cards.

Understand the importance of constant review.
Before learning anything new always take 15 to 20 min to REVIEW
Academic Skills for Success

1. Go to the NorQuest Library website
2. Click Find
3. Click Research Guides
4. Click Academic Skills for Success