

How to Study and Memorize Important Information

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Got an upcoming test? Here are some tactics to help you remember what you need to remember. The California Highway Patrol Academy teaches cadets to use these key study skills, but they are helpful at any point in your career!

Interval Studying: Studying something for fifteen minutes then taking a ten-minute break helps break up information and cement it into the memory. Plus, it keeps you focused knowing you are only studying in short intervals.

Personal Experiences: Whenever possible, link what you learned to something personal. The personal experience puts the information in multiple parts of your memory system and will help you recall it more thoroughly.

Teaching Others: Cadets who instruct other cadets on information they learned tend to remember the information better. Teaching someone requires you to put the learning into your own words and will help make sure you actually understand it.

Non-Linear Memorizing: When memorizing something for the Academy, seasoned officers recommended memorizing chunks out of order. Then, put the chunks of information into order. You will be able to look at the information like a puzzle and put it back because you have looked at all angles.

Interacting with the Information: Most officers are tactile learners first and auditory learners second. So, practicing something with the body, writing information out, drawing a picture, reading it out loud - whatever it takes to interact with the information – will help it stick.

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