

Test Taking – Memory

The **SPORT** Method

Say to yourself, “Where did I see this information when I was studying?”

- When you find yourself forgetting important information, think back to when you were studying.
- Try to think of where the information was located in a certain book or on a certain page of the book or your lecture notes or your note cards.

Picture in your head what you read or wrote that might help.

- Close your eyes and picture yourself just as you studied for the test.
- Try to visualize the information just as you saw it in your book or your notes when you are studying. Try to remember what you said aloud when you studied.

Organize in your mind all of the study aids that you used.

- Study aids include memory strategies such as mnemonics and any other strategies used to memorize important information.
- Think about any note cards that you made.
- Think about any key words and pictures that you created.

Remember to “dump” all of the information as you recall it.

- As you take the test, write everything you studied. Write this in the margins or on the back of the test.

Tell yourself that you need to go back and look at the “dumped” information.

- As you answer the questions, go back and look at everything you wrote in the margins or on the back of the test.
- As you look at each thing in the margin, ask yourself if you included it in your answer and if not, do you want to include it.

Source: Learning Toolbox, Steppingstone Technology Grant, James Madison University.