

**Promoting the academic performance of Ukrainian university students: Effective approaches to improve learning and academic performance of Ukrainian university students**

**LESSON 3**

***MEMORY ENHANCEMENT AND INFORMATION RETENTION METHODS***

Perceptions of Inclusion, well-being and Identification with the European Union in Ukrainian university students



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# How Memory and Information Retention Work

- Memory enables learning and long-term knowledge storage
- Retention depends on depth of processing
- Understanding memory improves study efficiency
- Active engagement strengthens recall

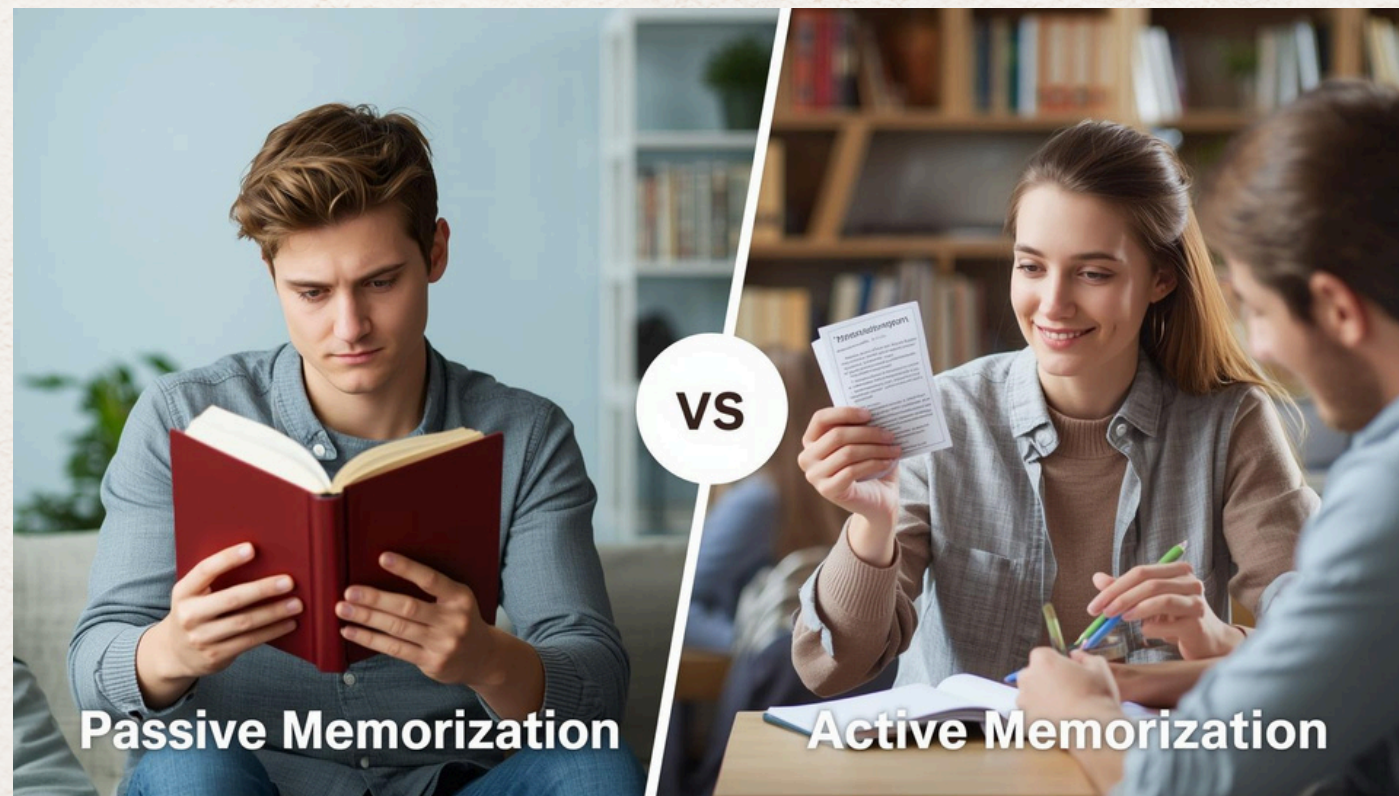


# The Three Stages of Memory



- Encoding – converting information into mental form
- Storage – maintaining information over time
- Retrieval – accessing stored knowledge when needed
- Effective learning supports all three stages

# Passive vs. Active Memorization



- Passive reading creates temporary familiarity
- Active recall strengthens memory pathways
- Engagement improves long-term retention
- Practice enhances retrieval accuracy



## Visual and Auditory Memory Techniques

- Use images and sounds to reinforce learning
- Combine visual and auditory cues
- Engage multiple senses during study
- Adapt techniques to personal learning style





# Using Visual Associations

- Transform abstract ideas into mental images
- Use diagrams and concept maps
- Apply color coding for clarity
- Connect ideas through visual patterns

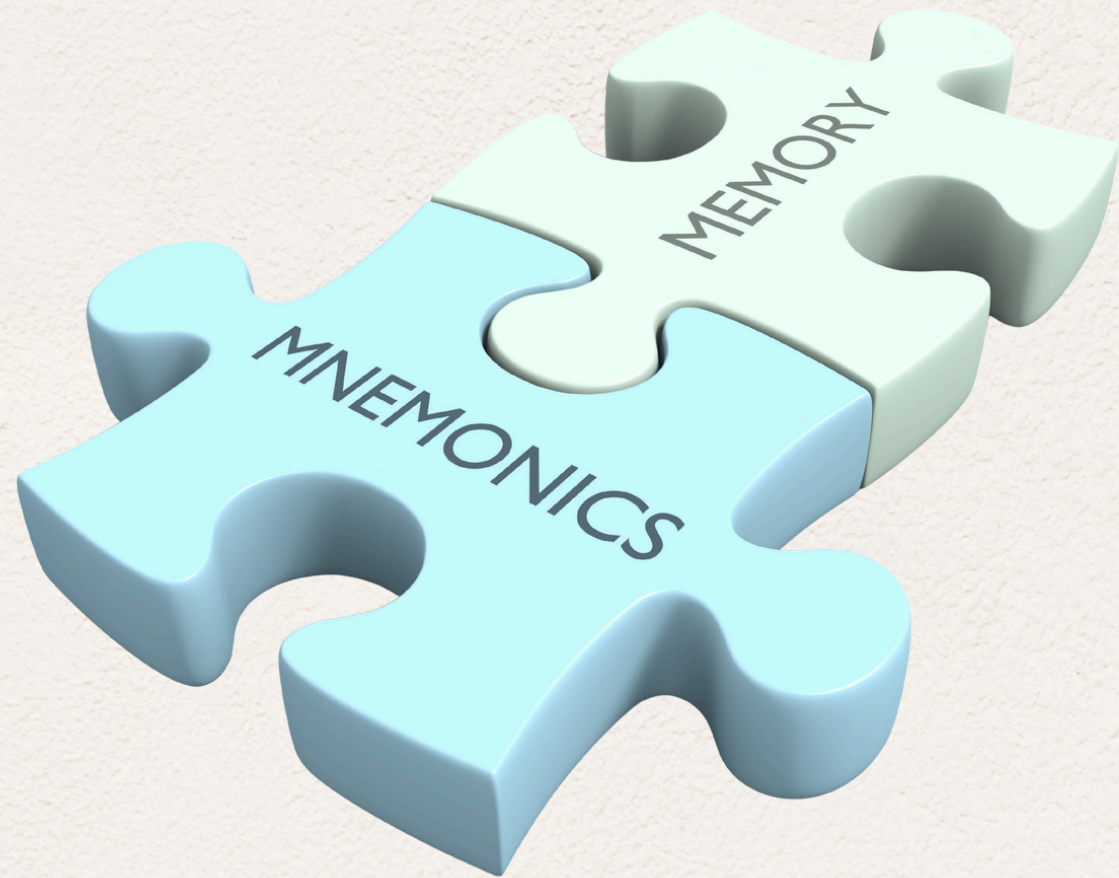


# Auditory Memory Strategies

- Repeat key concepts aloud
- Use rhythm or rhyme for retention
- Record and replay explanations
- Engage in academic discussions



# Memory Palace and Mnemonic Methods

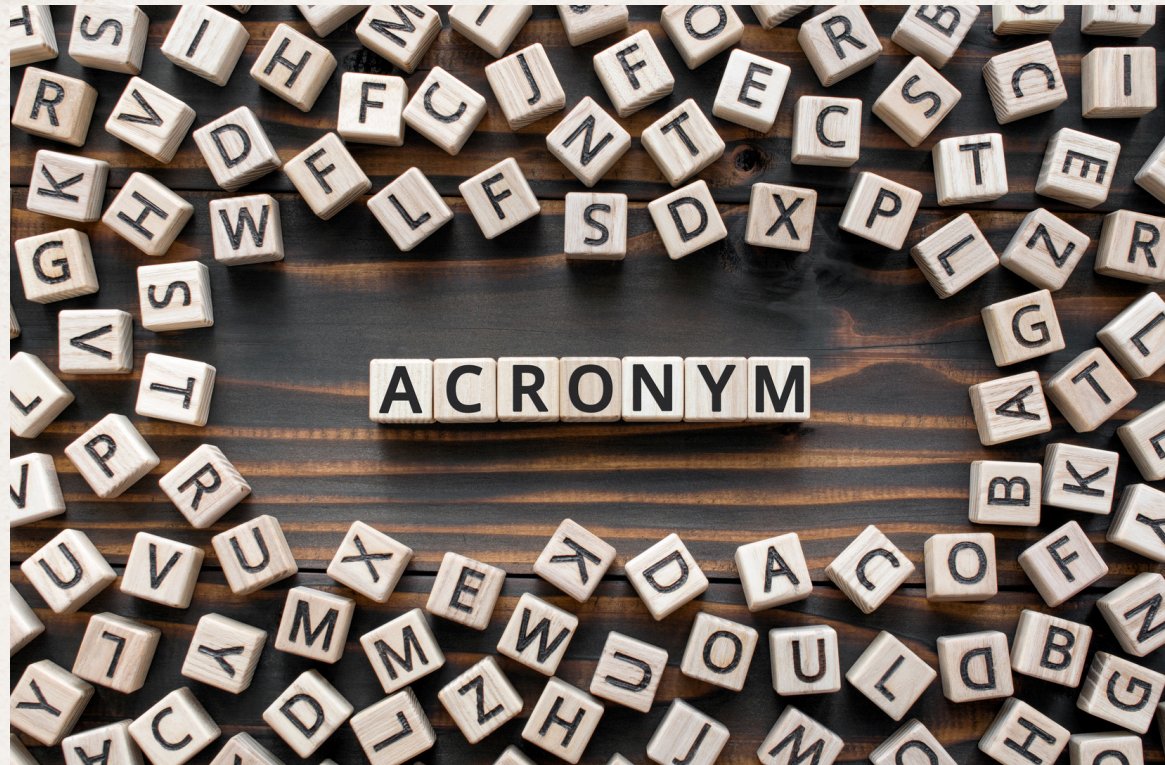


- Associate information with structured imagery
- Use spatial memory for sequences
- Simplify complex concepts through associations
- Strengthen recall with vivid connections



# The Memory Palace Technique

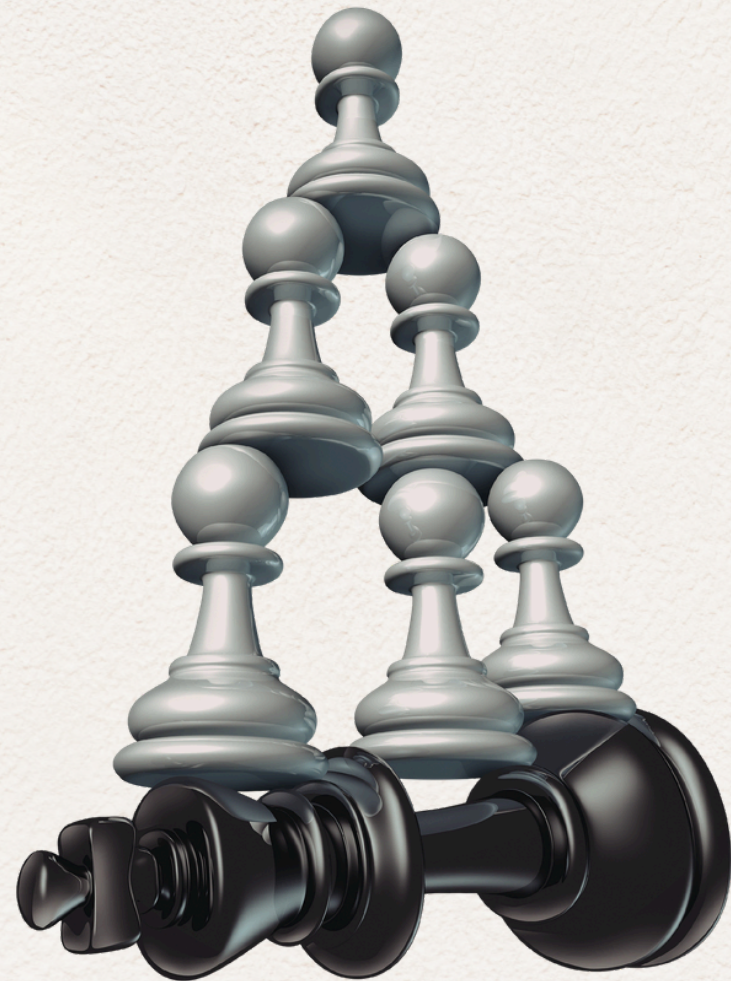
- Select a familiar environment
- Assign information to specific locations
- Create clear and exaggerated images
- Mentally revisit locations to retrieve information



# Acronyms and Mnemonic Phrases

- Form acronyms from essential concepts
- Create memorable phrases
- Simplify multi-step processes
- Support recall in exam situations

# Active Review and Strategic Note-Taking



- Use questioning instead of rereading
- Identify gaps in understanding
- Reinforce learning through repetition
- Schedule systematic review sessions





# Strategic Note-Taking Techniques

- Highlight only essential information
- Summarize in your own words
- Structure notes logically
- Combine text with diagrams





# Practical Retention Techniques

- Apply the cover-and-recite method
- Use flashcards for spaced repetition
- Organize peer review discussions
- Test knowledge regularly

# Personalized Retention Strategy



- Identify dominant learning preferences
- Select effective memorization techniques
- Combine multiple strategies
- Monitor retention progress



# Developing a Personal Learning Plan



- Set specific retention goals
- Plan weekly review sessions
- Integrate memory techniques consistently
- Adjust methods based on results





# Thank you

Any Question?

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