Memory & Concentration

Identifying the Problem
• Check all of the following that apply to you.

Sometimes I find it hard to remember because:

☐ I don’t have the desire or interest in a topic.
☐ My first reading of the material was not done with the intention to learn.
☐ I forget the information quickly.
☐ I spend most of my study time passively reading.
☐ The way I study is not the way the material is presented on the exam.
☐ I know it’s impossible for me to learn the material.
☐ I don’t associate new facts with facts I already know.
☐ I don’t like the professor.
☐ I’m overwhelmed by the amount of information and don’t know where to start.
☐ I’ve got other things on my mind that distracts me.
☐ I don’t have a good place to study.
☐ I just don’t have the energy to put into studying.
☐ I stay up too late and fall asleep over my books.
☐ Other people/things are making too much noise.
☐ The people I live with interfere with my study time.

If you checked any of the previous items 1-9, pay close attention to specific techniques to improve your memory capabilities. We’ll be talking about several strategies that will help with this.

If you found items 10-15 were problems for you, you could benefit from the strategies discussed in this module to improve your focus and concentration.