

How to Memorize with Ease

Memorization is essential during law school, whether it be for class or for exams. Below are some tips you can use that will make the memorization process easier. For tips on *how* to memorize and study, see *Study Techniques*.

- ★ **Get The Right Amount of Sleep.** It is critical to get a full 8 hours of sleep each night in order to let your mind go through its REM cycle and commit information to long-term memory. Sleeping a full 8 hours a night consistently can also help reduce stress, and allow you to think more clearly.
- ★ **Exercise!** It can be hard to find time to go to the gym. It may seem like you can't waste the time to exercise, but exercise actually helps with memorization. Studies show that cardio can boost the size of the hippocampus (the area of the brain involved in verbal memory and learning).
- ★ **Pay Attention in Class.** While this may seem obvious, it is sometimes at important moments when you doze off in class or get distracted. This makes it more difficult to memorize the material because while you are trying to study, in reality, you are wasting time trying to learn and understand the material on your own.
- ★ **Review the Material After Class.** Reviewing what you learned within 30 minutes after class can help solidify the information in your mind and commit it to long-term memory. For law school, this could mean simply reading over your notes after class, outlining after class, or even chatting with your friends after class and asking them questions about information you did not understand.
- ★ **Create Your Own Notes and Study Materials.** It can be easy to find study materials that other people have used in the past. These materials might even be from the same class but in previous years. However, these will be the enemy of memorization and understanding. It is near-impossible to memorize someone else's words. Taking your own notes and creating your own materials helps with memorization because the process of creating them is forcing you to think critically about what you are writing. In addition, you are putting the material on paper in a way that makes sense to you, not someone else.
- ★ **Write Out Your Notes.** It can be hard to keep up with law professors in class; the pace of class may make it difficult to take notes by hand during class. However, handwriting notes is beneficial in that it forces you to condense the information in the moment and really pay attention to what is important. In addition, by handwriting notes you are creating muscle memory which will make it easier to recall the information in the future. If taking notes by hand is too difficult, it can still be beneficial after class to rewrite your typed notes by hand.
- ★ **Lastly, But Most Importantly, Take Care of Yourself!** Stress has been proven to inhibit cognitive abilities. Do not think of taking time to yourself as a waste of time, rather think of it as a necessary investment for your law school success.

****Disclaimer: If any law used in this handbook differs from how your professor discussed the law, always defer to your professor. The law used in this handbook is meant to serve as a vehicle for teaching the skills, only. Likewise, if any exam writing advice differs from your professor's expectations, always defer to your professor.****