HOW TO REMEMBER WHAT YOU READ

Read with a specific purpose.
Turn a heading into a question, then read to answer the question.
Example: Heading: Political and Cultural Transformation in 17th century Russia;
Question: What are the political and cultural changes?

Concentrate!
Think about what you are reading, paying special attention to the information that will help you answer the question. Note the major points.
Example: Political changes—absolute monarchy; centralized tax system. Cultural changes—adopted European cultures; peasants taxed, nobles exempt.

Don’t get caught up in the details on the first read through.
Focus on the main topics or points. Get the big picture before adding details.
Example: remember the major political and cultural changes, then add details later.

Make associations between topics.
Relate topics as they all fit together in a section or chapter.
Example: Political changes influence cultural changes and vice versa.

Visualize the material.
Draw concept maps of the material to help you see the connections between topics. The process of making the map will help you to understand the organization of the information and make the material more memorable. For example,

Once the main topics are understood, add details during second review.
It is too overwhelming to learn all the main topics and all the details at the same time.

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