Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Journal Entries Chapter 5: Improve Your Memory**

1. Review the section above on short-term and long-term memory. How can you use these ideas to improve how you study in college?
2. Review the material on memory and forgetting. How can you use this information to improve your studying in college?
3. Review the memory techniques explained in this chapter. List and briefly explain at least three techniques and give examples of how you can use them.
4. Review the material on using mnemonics and other memory tricks. List and explain at least three techniques that you find useful.
5. How can you use positive thinking to improve your memory and success in college? Use any of these questions to guide your thinking:

* How can I think positively about myself?
* How can I think positively about my college experience?
* What is the connection between belief and success?
* How can positive thinking make college more fun?