Principles Of Learning And Memory

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Four Principles of Memory Improvement - Florida International. Psychologists recognize several principles that can help learning and an efficient use of memory. Among these principles the following seem to be particularly important:

1. **Principle of Selection**
   - Before beginning study, your intention is to remember. This principle of long-term memory is critical to efficient learning.

2. **Principle of Rehearsal**
   - Rehearsal involves repeating the material to be learned. It can be done by reading it aloud, thinking about it, or writing it down.

3. **Principle of Association**
   - The use of associations can improve memory. This involves linking new information with existing knowledge.

4. **Principle of Elaboration**
   - Elaboration involves adding additional details to the information you are trying to remember. This can help you understand and remember the material.

These principles can be applied to various learning situations and can help you improve your memory and learning efficiency.