

# WHERE TO GO FOR HELP

## AT YOUR COLLEGE

### VISIT . . .

**The Academic Learning/Skills Center**

**Fellow college students**

**Your college library**

### IF YOU NEED HELP . . .

developing effective memory strategies. Visit your campus learning center and ask if the staff members offer any specific workshops or one-to-one assistance with memory.

finding tips for remembering the material in different courses.

finding books on the topic of memory. Download or check out a book on memory and see what you can learn. Here are some ideas:

Higbee, Kenneth L. *Your Memory: How It Works and How to Improve It*, 2nd rev. ed. New York: Marlowe, 2001.

Lorayne, Harry. *Memory Mastery*. Hollywood: Frederick Fell Trade, 2010.

O'Brien, Dominic. *You Can Have an Amazing Memory: Learn Life-Changing Techniques and Tips from the Memory Maestro*. London: Watkins, 2011.

Scotts, Jason. *How to Improve Your Memory & Increase Your Brain Power in 30 Days: Simple, Easy & Fun Ways to Improve Memory Now* (Ultimate How To Guides). Kindle Edition, retrieved from Amazon.com, 2013.

## ONLINE

### GO TO . . .

**Memory Techniques from San Antonio College:**

<http://www.alamo.edu/memory>

**Memory-Improvement-Tips.com:**

<http://www.memory-improvement-tips.com/>

**Brain Metrix:**

<http://www.brainmetrix.com/>

**Lumosity:**

<http://www.lumosity.com>

### IF YOU NEED HELP . . .

finding memorization techniques.

improving your memory.

learning more about training your brain.

improving your memory by playing memory games.

## MY COLLEGE'S RESOURCES

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