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**Helping students succeed by helping them improve their long-term memory** NOUREDINE ZETTILI, Department of Physical & Earth Science, Jacksonville State University, Jacksonville, AL 36265, A. BOUKAHIL, Department of Physics, University of Wisconsin-Whitewater, Whitewater WI 53190 — In this work, we focus on one of the most useful techniques of efficient study habits: How to improve long-term memory. We show that if a student carries a number of recalling sessions of the material studied and if he/she carries them at specific times, the student will be able to retain this material for a long time and hence be prepared for the exams. We argue that a student who conscientiously uses the proper techniques of efficient study habits will be able to achieve higher results than the student who does not. Moreover, a student equipped with the proper study skills will spend much less time to learn a subject than a student who has no effective study habits. After providing a summary of the most essential personal skills needed to be a successful student—concentration skills, how to take notes in class, how to prepare for and take exams—we give an extensive presentation on the techniques of improving long-term memory.

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