

MEMORY DUMP STRATEGY FOR TESTS AND QUIZZES

Symptoms of anxiety and mental fatigue brought on by the testing process:

- “Going blank” and unable to recall the information you have studied for the test.
- Loss of focus or concentration which causes you to go too slow during the testing process.
- Negative thoughts such as, “I will never pass this class.”
- Physical symptoms such as sweating, tightness in the chest or neck, crying, head and stomach aches and nausea, or racing heart or blood pressure.
- Emotional symptoms such as panic, anger, irritability, and/or hopelessness.

Purpose of the Memory Dump:

To reduce the physical and emotional symptoms brought on by the testing process. You are going to create a reference sheet of the information you can remember from what you have studied. It is not cheating! It is the process of taking what you have studied and placing it where you can visually access it during the test. This will allow your mind and body to relax and concentrate on the test questions and answers.

Memory Dump Steps:

- Practice this technique a few times during your pre-test study sessions. It is helpful to time yourself to make sure you only spend about 5 to 7 minutes on the Memory Dump.
- Always ask the instructor or proctor if you can use scratch paper. Don’t assume they will allow this technique. Make sure you get their approval to use the Memory Dump sheet.
- Come early and prepared to the testing session. Bring some scratch paper just in case it is not provided and you are given the approval to use it.
- Take a few deep breaths and recite some positive thoughts that you have prepared.
- When the test is given to you, do not look at it at all! This will elevate your emotional state and shut down your memory system before you complete your Memory Dump!
- Take the blank paper and make categories of the information you have studied. If you have acronyms or mnemonics, write them down. Write down the information you can remember under the categories, even if it’s just fragments or parts of formulas.
- Don’t stress over the information. Let it flow easily out of your head. Use pictures and words to put down the information.
- After you have “dumped” your information, take a few breaths and turn over the test or quiz.
- You now have a reference sheet to rely on when your mind freezes and goes blank on you. This Memory Dump technique takes very little time after you have practiced it and is a time and energy saver during long, mentally demanding testing periods.