

## NEUROGENETICS INSTITUTE · THE MEMORY ADVANTAGE

# The R.E.C.A.L.L. Cheat Sheet

**R****Retrieve**

**Test yourself before you re-read anything.** Book closed, blank page, write everything you remember — then check. The gap between what you wrote and what's there is the actual lesson. Retrieval is a memory event, not a check.

**E****Elaborate**

**Connect it to what you already know.** Ask: "How is this like something familiar? Can I explain it to a 12-year-old? Where would I see this in real life?" Meaning glues; isolated lists slide off.

**C****Chunk**

**Work with working memory, not against it.** You can hold about four things at once — so turn thirty scattered facts into four to six named clusters, each with a one-line story. Name the chunk, recall the chunk.

**A****Arrange**

**Place it in a memory palace.** Ten fixed stopping points on a route you know blindly (your house works). One vivid, moving, absurd image per point. Walk the route forward to recall, backwards to revise.

**L****Loop**

**Space the reviews; flatten the curve.** Revisit at day 1 · 3 · 7 · 14 — each recall at the edge of forgetting resets the curve flatter. Same minutes as cramming, multiples more kept.

**L****Let it sleep**

**Consolidation runs overnight.** The hippocampus replays the day's learning while you sleep — so the last retrieval pass before bed beats a dawn cram every time. Sleep is a revision session you're already attending.

**Don't re-read tomorrow. Retrieve.**

From The Memory Advantage — live workshop by the Neurogenetics Institute · Print me and put me on the wall.