

# Recall Patterns

A Recall Pattern is a schematic method for relating associated ideas and facts. Recall patterns allow individuals to remember information in the manner that they remember best. It organizes the information for the student so that he can manipulate it to meet his needs. Everyone can benefit from this approach. There are no restrictions on form or order of recall. A student should spend 3 minutes in creating a recall pattern.

This strategy can be utilized:

- Reading – to increase comprehension, increase memory recall
- Note taking – use in previewing chapters to prepare for class, use to assist in sustaining attention during lectures, to assist in identifying key points
- Essay writing – use to organize thoughts, to ensure all thoughts are included
- Test preparation- utilize when studying, put pattern on test to alleviate test anxiety.

