

Memory Techniques

Body & health

The methods with the best evidence — including the one that feels worst.

Ranked by demonstrated effect on long-term retention.

Technique	How	Strength
Retrieval practice	Test yourself without looking	Strongest
Spaced repetition	Review at growing intervals	Strongest
Interleaving	Mix topics rather than blocking	Strong
Elaboration	Explain why and how it connects	Strong
Method of loci	Place items along a familiar route	Strong for lists
Re-reading	Read it again	Weak
Highlighting	Mark the page	Weak

The methods that feel hardest work best. Fluency while re-reading is recognition, not recall.