

*The Dr. and Mrs. Gary Brummer Colloquium Series in Psychology Presents*

## **How Will I Ever Remember All That? Strategies for Effective Learning and Memory**



**Who: Dr. Paula Waddill**

**When: Thurs., October 15, 6pm**

**Where: ZOOM**

Zoom Meeting ID: 848 9110 7239

Passcode: 236362

Link: <https://murraystate.zoom.us/j/84891107239?pwd=a0xWZEM4QjFDMkZmRENwSmR1aEc1Zz09>

Every day we are faced with the need to remember many different things, whether it be theories or math formulas for college classes or a speech for a wedding or something as simple as a grocery list. Remembering information is challenging and can be made even more so when we are stressed. Dr. Waddill will present evidence-based strategies for improving learning and memory for different kinds of information and discuss how those strategies can enhance performance even under stress.

*Paula Waddill is a Professor of Psychology and Chair of the Psychology Department at Murray State University. Dr. Waddill received her Ph.D. from Purdue University. Her research focuses on encoding processes and memory representations, particularly as they relate to educational and forensic contexts.*