# Transcript: Motivation Minute - Ep 3 - Study to Remember - Sean Jensen

*The following transcript is a verbatim account of the video or audio file accompanying this transcript.*

Speaker (Sean Jensen):

Hello, this is Sean Jensen with your Motivation Minute. The quote I'm looking at today goes like this, ''If you study to remember, you will forget. But if you study to understand, you will remember''.

There's a story that I've shared with my students several times over my years here at WGU about when I was in school trying to get my bachelor's degree. At that time, I had a really hard time memorizing things, I still do for my courses. Then one day something clicked for me, I began to change my study methods. started to slow down. I really wanted to focus entirely on the concepts I was studying.

I became a master of pushing other things out of my head that had stopped my focus, and I really made sure that I understood completely what I was looking at and what I was trying to learn; whether it was a process, a comprehensive concept, or really a simple vocabulary term. This took a lot of patience. It took a lot longer for me to get through in this study method, but it really worked. As I practiced, I actually got better and faster at it. My test scores began to reflect this. I was having success, I was recalling things on my test. During the test, I was a lot calmer in the way I was taking those tests, and it really increased my confidence. That's really why I share this quote today. It resonated with me and I hope it resonates with you as well.

That's it for today. Remember, impossible is just an opinion, so go make it happen.