People who doodled had better memory recall than those who didn’t in a small study of adults who listened to a recording and were tested on it.

“We think doodling is something you do when you lose focus, but in reality, it is a preemptive measure to stop you from losing focus.”

Suni Brown, leader of the Doodle Revolution, a campaign for visual literacy, and one of the 10 Most Creative People on Twitter (according to Fast Company).

Doodling during a lesson can help us rethink familiar concepts and inspire unexpected connections.

Doodling undergrads performed just as well as their non-doodling peers in a memory quiz that followed a video screening.

This isn’t high art. Just a few shapes—triangles, dots, spirals, etc.—can help you explore ideas.

For another simple memory trick that helps you retain what you’ve learned, see Student Health 101, March 2016.