



# 6 approaches to memory improvement



Making it real - there is a link between interest and memory

Make it real - try to be engaged with your learning.

If you don't feel personally involved then it will be much harder to remember.

Materials must be made interesting. Try to role-play, acting out a poem/debate/ etc. You will learn and remember more.

Try to initiate small group discussions - team up with mates to chew things over.



Some questions you can use:

How does this relate to what I already know?

What does it remind me of?

What can I associate it with?

Can I picture it in my mind?

What can I link this picture to?

How does it relate to the topic as a whole?

What weird and odd things pop into my mind when I think of it?

How can I use the weird and odd associations to help me remember?

How does this relate to what I learned before?

How does it relate to my life outside this class?

1 Mnemonic devices



All the techniques you can use to help your memory. These include: rhymes, acronyms, string with knots in, 'funny stories', memory palaces and method of loci systems, pegword systems, digit letter memory systems, 'funny numbers'.

2 Mental imagery



Try to develop your talent for visualisation. Memory is a dual encoding system - one part is verbal and the other is pictorial. Hence memory for concrete items (bicycle) is better than for abstract items (truth). Both processes are at work on 'bicycle', only the verbal encodes a word like 'truth'. So, you need to get more pictorial with abstract things. Maybe picture George Washington as a trigger for 'truth'?

3 Organisation, Association, and Memory



Process your data in an active way - don't be passive. You need to encode new material according to patterns, contexts, principles, associative networks, in order to retrieve it more easily.

4 Self-Recitation



Recall during practice (reciting to oneself as material is studied) increases the retention of the material being studied. You can use the SQ35 method for this.

5 Overlearning

Drill (learning by rote)



6 Relating bits of information with other bits



This aspect overlaps with the others. You need to relate one bit of learning with another.