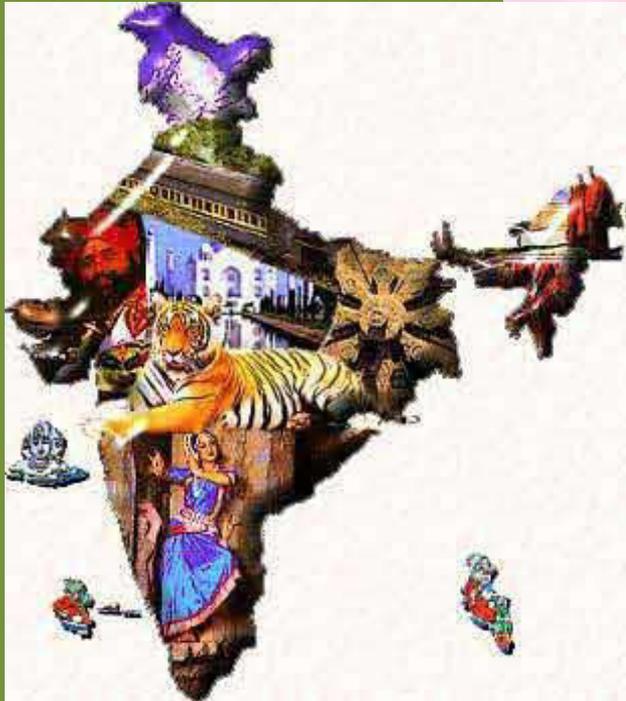


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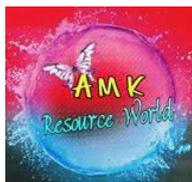
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35 Tips to improve Memory

If you are worried about not being able to remember **WHAT YOU READ**, do not worry. This is not fatal. If you follow these top memory improvement tips you will see you remembering skills skyrocketing.

1. TAKING INTEREST AND FOCUS ON THE THING

This is probably the most important thing of all. Even if you never apply any mnemonic techniques this can improve the work of your mind immensely. Even the worst pupils at school remember the things they want to remember quite easily and forget those things they are not interested in. If you started taking interest in something, stay focused on it and you will double up the effect of you studies, work and etc.

2. MAKE THE INFORMATION MEANINGFUL

No Subject is boring, only the way you take the subject determines your mode of assessing with brain, So when you take up a text that has to be learned try to understand it, because cramming won't help you much.

3. REVISE THE MATERIAL

This, of course, works if you study for something. However, if you want to keep things in your long term memory you will need to brush up your knowledge from time to time. There have been a lot of studies done regarding intervals of memorization process. You need to do revisions while information you are studying is still fresh (if you are taking something new). If you do not, there are great chances that it will be forgotten after one hour or twenty four hours.

4. USE REPETITION FOR SHORT TERM MEMORY DEVELOPMENT

Cramming and repeating was probably the main strategy how we learn the things many a time, However, how much do You remember now? Well, practically nothing! if you need to remember a thing or two for a short term it is probably the best route you can take – by repeating (telephone number, address, names and etc.).

5. LEARN HOW TO FORM MENTAL PICTURE

Mental picture is an association that you try to build and connect it to the object, concept, idea or a word that you want to remember. If one wants to learn the English word bush, one can imagine George Bush Jr. (or senior) standing by a bush and smiling (or doing some other stuff).

6. USE VISUAL EXAGGERATIONS

This is continuation of previous point. As a lot of information passes through our brains every day, brains tend to delete unimportant one at once. However, if something has tremendous effect on our emotions we tend to remember this. The good thing about it we can use it deliberately to improve our memory. Take the example with bush and try to exaggerate as much as you can.

7. INVOLVE HUMOR IN YOUR MEMORIZING PRACTICES

Our brain is constructed in such a way that it tries to reject those experiences and reminiscences that cause us stress, anxiety and fear. So, if you start playing around with mnemonic techniques and do visual associations you'd better make them positive and as funnier as possible. You will see how easily you will remember things then.

8. USE METHOD OF ASSOCIATION TO IMPROVE MEMORIZATION OF LISTS

This is one the best technique to remember the lengthy list of items or things at a time. In five minutes you can remember around 30 things without writing them down on the paper. In order to do that you need to single out 10 places (for beginning) around or inside your house. It can be bathroom, kitchen, bedroom and etc. You then go around your house (in your mind) and place the items you need to buy in the shop and involving yourself or some imaginary figures in the process.

9. DO MENTAL EXERCISES REGULARLY

The main reason why people start losing memory as they age is in the fact that they do not do mental exercises. Our brain as well as our bodies needs activities in order to stay active. For body it might be sport, for brains it will be crosswords, puzzles and similar things.

10. DO PHYSICAL EXERCISES ON A DAILY BASIS

Our brains are not disconnected from our bodies. However, they can be in harmony or out of it. We need to train both in order for them to function well. So, pick up your favorite type of sport and do it on a daily basis. Normal blood circulation is very important for your brains, because blood carries oxygen to your brain and brings 'food for your mind'. Do not spend too much time spending sitting bend over your pc. Do regular breaks, walk, and run, so that your blood could fully equip all your body with necessary energy.

11. AT THE END OF A DAY TRY TO REMEMBER EVERYTHING YOU DID

This will help to increase your concentration, power of focus as well as memory. It might be a tiring practice at first, but you can make it fun if you involve some imagination and creativity there. Do not worry if you notice that some things have completely slipped out of your mind and you have entirely forgotten. You will get better with time.

12. EXPAND YOUR IMAGINATION

The world as it is today, because of imagination. It can be said both from positive and negative perspective. Anything that becomes physical reality, it firstly because reality in our imaginary minds. If you connect your memory and imagination you will have a tremendous duo that will work miracles for you. Any technique you practice should be inspired by a good doze of imaginative powers.

13. CONCENTRATE ON DETAILS AROUND THE FACT OR THING YOU WANT TO REMEMBER

No matter how brilliant or geniuses we are, we do forget sometimes. Well, for some of us it happens too often. Fortunately, we can learn to bring back the facts we forgot by taking a few simple steps. You might want to remember the place you were at. There are lots of details that can lead you to the fact that you forgot. Think about the clothes you wore, the

things you did, the topics you talked about, sequence of things that you did there and then. Concentrate on details around the fact you try to bring up in your memory.

14. HAVE ENOUGH SLEEP

If one wants to keep good memory, one also has to get enough sleep. You may have noticed how your concentration weakens when you have slept less than you need to. Before going into sleep just recall the material what you had studied from Morning to Evening. This is the best way to learn some piece of information, because when you sleep your memory will process the information and it will be fresh for you to use in the morning. If you do not sleep enough, brains do not get enough time to process the data that you have collected throughout the day, to say nothing of the rest that your body needs.

15. DEVELOP HEALTHY RELATIONSHIPS

We need friends. People have to socialize and healthy relationships have a tremendously positive effect on your mind. They boost your self-worth and influence your memories in a positive way too. It will also reduce stress that damages your brains and give more space for positive feelings. Relationships have a lot more good consequences on your body and brains. But this is not the topic of the post. Hope to talk on that later.

16. LAUGH A LOT

What a weird advice! It isn't! This increases the power of your immune system, produces vitamin C and expands capacity of your memory. Comedies are so good for you. Some people even go to special laughter clubs. You don't have to do it if you find natural ways of making fun. But if you don't, give a try and find this kind of club around your place. Most testimonies about this kind of activities are positive.

17. COPE WITH STRESS

Stress damages the brain. Stress is a memory killer and you'd better learn how to cope with it before it does too much harm to you. Learn to direct your thoughts on something peaceful. Thoughts cause emotions after their kind and this is the main method of self control. Shift your focus from problems to solutions and from fear to courage. You might had noticed how difficult it is to remember something in stressful situations. Why? Because, stress brings pressure and constraint and our brain refuses to function in such

environment. Well, you may learn how to cope with that and handle any stressful situation and remember what you need at that particular time.

18. ORGANIZE MATERIAL YOU ARE LEARNING

Mind hates chaos. It wants to see order everywhere. You would be shocked having found out how well structured your mind is and how all mechanisms of the brains work in unison to help you live in this world and not to get lost. Our heads are like big computers that we have to learn to use. Mnemonics is one of the sciences that help us to achieve it. Master it and you will become the master of the world!

19. REHEARSE INFORMATION YOU ARE LEARNING

You cannot record information on your long term memory unless you rehearse the information from time to time. Long term memory works pretty slowly and it takes a lot of time for information to get there. However, when it finally gets there, it stays there forever. So, set aside some where during a week or a month (depending on your time schedule and needs) and rehearse the things you have been studying and learning recently. You will surely enjoy the results.

20. TEACH SOMEBODY THE THINGS YOU WANT TO LEARN YOURSELF

And all students said: "amen and amen". I would do this during my school and university exams and I was surprised by the effect of the practice on my memorization capacity. It was given such a tremendous boost. Even if you know the thing, it will go over your mind again, but with much stronger force. Many a times the toughest content can be learned easily by getting that explained to others.

21. INVOLVE YOUR SENSES AND EMOTIONS IN MEMORIZATION

This point can contribute to the one about imagination development. Five senses can be awoken by means of imagination when one associates the things one wants to remember with other things, people, places and etc. When you are memorizing a lot of things try to create an imaginary environment where all of your senses would be involved. Try to see the colors of things, smell them, touch them and even taste them. Of course, it will all happen in your mind.

22. LISTEN TO CLASSICAL MUSIC

Scientists have proven the use of classical music, especially Beethoven, on our memories. It can be disturbing at the time of studying, but you can do that during short breaks that will help for information to sink in. I do not know why this kind of music helps, but it does. If you want to ask me about rock, well, it will create more problems, than benefits. Good reason to quit listening to heavy metal and rock, huh?

23. DRINK COFFEE

Good news for coffee lovers! All coffee addicts crave for a cup of coffee in the morning, because it stimulates their brains. I have a friend in medicine industry and she tells me that most doctors and surgeons drink black coffee or diet Cola a few times a day. Why? Because it contains caffeine, which helps our brains to function better! You should be warned that artificial stimulation is not good and have negative long term results. However, a cup or two a day will definitely do you good and improve your memory functioning.

24. USE CHUNKING TO REMEMBER NUMBERS

This technique (chunking) is good not only for numbers, but also for other things. You might put things in categories (chunks) while going shopping in order not to forget what you want to buy. In case of numbers, if you have a long number (let's say 16 digits) to remember, you'd remember it much easier if you divide it in four chunks rather than trying to cram the number as one unit.

25. CATEGORIZE THINGS YOU WANT TO REMEMBER

This, as well as chunking, could be a good alternative for remembering long lists using journey technique. If you have a list of 20 products on your list you might be willing to put them into categories such as: fruits, vegetables, milk products, meat, confectionery and etc. As your brain loves order it will have much greater chances to remember the list in this way rather than trying to recall it if the list was organized randomly.

26. SEARCH FOR PATTERNS IN THINGS YOU ARE LEARNING

This is good when you want to remember numbers, memorize passwords, figure out how to get to certain places, recall names.. As has already been said, brain does not like random. It

works in synonyms, patterns, structures or any other thing that has a clearly cut order. Let us say you have to remember your password which is 5591. Do you see any pattern here? You should! It is $5+5=10$ and $9+1=10$. So, you have two tens here. Your brain grasps that you have two tens in the code and much easier recalls what the password is next time.

27. USE MNEMONIC DEVICES THAT YOU LIKE MOST

It is obvious that not all mnemonic techniques and devices are good for you. We have our own tastes and styles and this is also reflected in the way we remember things. For some it may be a journey technique that they will adopt for most learning and remembering situations, others will use acronyms, yet others will simply invest an imaginary story or make a few funny associations to evoke reminiscences. Find what you like and what fits you most.

28. HAVE A HABIT OF TAKING NOTES (GOOD FOR SENSORY MEMORY DEVELOPMENT)

Some people become so advanced in their mnemonic skills that they can remember whole lectures without taking any notes. However, taking notes is good for improving your short term as well as sensory memory. When you forget something (a name, password, code) try to write it. If you have ever written it, you have much bigger chances remembering it by writing rather than trying to recall the thin in your mind. Why? Because, your sensory memory fixed the action of writing that particular thing and most probably you will remember it quite fast.

29. BE POSITIVE

Being negative stops you from going forward in developing your memorization skills. It is a road block for any kind of achievements. You have to monitor your progress and be happy about the slightest advance in the field. This isn't a sprint and instant results are not always there. So arm with patience and keep on improving your memory bit by bit. And finish negative self-talk, it is useless.

30. CHEW A GUM AND EAT CHOCOLATE

It is the main strategy for your memory development, chewing a gum and eating chocolate is quite good for your brains. It increases your heart rate, which helps more oxygen to get to your brains.

31. USE ACRONYMS

What is an acronym in the first place? It is a word that we form of the first letters of the words we want to remember. These coined words may have a logical meaning or they may not have one. It depends on your needs. As brain remembers better something that is known I would advise you to form meaningful acronyms. So ALFA could be an acronym of Adults learning facility abroad. Well, sounds kind of weird, but if it helps to remember, why not? Play around with it and see how it works for you.

32. USE RHYTHMIC SENTENCES

Why are poems much easier remembered than some historical dates or algebra formulas? Because the former rhymes and the latter doesn't! Of course, this is not the only reason, but one of them. Try to make them funny and brisk. Do not try to be perfect, you are not going to be a poet, it is your memory

33. LEAD A HEALTHY LIFESTYLE

Smoking, using alcohol and other kinds of substances is a big 'NO' if you intend to retain good memory now and in the future. Young people do not care about their health now, but if they are not careful (with the above mentioned things) they might have serious implications both for their physical and mental health. You should be aware of various terminal diseases that you may end up with if you continue using those addictive chemical substances. Furthermore, these have terrible effect on your brains. So be wise and stop before it is too late.

34. TAKE UP NEW HOBBIES AND DEVELOP MORE INTERESTS

This is another reason why people memories get worse with age. They have too few interests and hobbies. If you do the same job day after day or read the same kind of materials or watch movies you get from dumb to dumber. Your brain has to expand and you can achieve it by expanding your views. Become wider, read more, go out more, travel more, meet more new people, and take more new courses. This will have very good influence on your brains.

35. PUT YOUR LIFE IN ORDER

Our minds hate disorder. They cannot work with it. Therefore, encourage yourself to set your thought life and house in order. It will be much easier to remember things then, because there will be some kind of structure in your life that your brains recognize and use to recall things when you need them most.

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