



## How to Improve Your Memory

It doesn't matter how 'brainy' you are or how much education you've had - you can still improve and expand your mind. Boosting your mental faculties doesn't have to mean studying hard or becoming a reclusive book worm. There are lots of tricks, techniques and habits, as well as changes to your lifestyle, diet and behaviour that can help you flex your grey matter and get the best out of your brain cells.

A more powerful memory can lead to greater success at work, at college, at home and in your social life. Would you like to be able to remember the names and faces of people and their interests long after you met them for the first time? Could you benefit from a better memory for numbers, such as PINs? With an improved memory your speeches, general knowledge, exams results, vocabulary and even your appreciation of art would be significantly enhanced.

You may already have a good memory, but everyone from young students to those who feel that their memory is 'not what it used to be' can use memory techniques to develop a better memory.

To improve your memory you need to know a little about both memory and memory techniques. Consider the following two questions:- Could you remember the name 'Aletha Edvinsen', if you were offered £10,000 to remember it? Why can children remember the names and characteristics of 'Pokemon' characters more easily than multiplication tables? You need motivation and interest to devote the time and effort required to memorise the information.

At school we were all taught the boring and inefficient memory techniques of repetition and re-writing. Some people also learnt the value of grouping, reorganising and summarising. You may have used rhymes such as "30 days has September....", or 'first letter' systems such as 'Richard Of York Gave Battle In Vain' (for the colours of the rainbow). However, very few schools taught more effective memory techniques.

You can easily develop a more powerful memory. Memory techniques, including the use of links, associations, imagination, images and various 'peg' systems are well documented in a large number of good books.

You now know the benefits and how to go about improving your memory. Is it worth your time and effort to develop this valuable life skill?

Most people would like a better memory. Try one or more of the following steps to improve your learning ability and memory:

## 10 Easy Steps to a Better Memory

1. Think of a link or an association between what you are trying to remember and something that you already know. Association is the key to effective memory.
2. Be active; write, speak or use your imagination. Passive reading is neither efficient nor effective. The more of our senses we use or imagine using, the more effectively our memory works.
3. Use techniques such as reorganising, grouping and summarising the information to be remembered. Mind Maps are an ideal tool
4. Develop an interest in what you are trying to remember, maybe by looking at an aspect of it in greater depth. The limbic or middle part of the brain is essential for effective learning as it controls motivation. When this part of the brain is engaged it is much EASIER to remember.
5. Don't rush! Allow sufficient time to remember the information.
6. Keep your levels of concentration and energy high by planning and taking regular breaks, eat a healthy diet and stay properly hydrated.
7. Make sure that you understand the basics of a subject before trying to memorise related facts, your brain will find it much easier to absorb detail if it already has a framework – the big picture.
8. Regular cardiovascular workout three times, this will help more oxygen get through to your brain.
9. Simple relaxation techniques – and getting enough sleep!
10. Learn some powerful memory techniques. These techniques can be easily taught and we at Illumine can show you how to 'power up your memory'

If you have a poor memory for names and faces or for facts and figures then it's time to power yourself up. And it isn't hard to improve your memory. You can do it in just half a day by learning about:

1. how your **imagination** can transform standard information into memorable images
2. how, by using the skill of **association**, you can consciously make learning stick
3. how, by learning powerful memory **systems**, you can 'peg' important facts to familiar memory paths

And, on top of all this, these memory skills are simple and enjoyable to learn.

You can find out more by calling Illumine on 01753 866 633 for course details on how to Power up your Memory.

Sources:

<http://www.thinkactive.co.uk/>

NewScientist.com news service