

Improve your memory



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Having a good memory can be pretty useful at exam time. Here are some ideas on how to improve yours...

Focus!

You won't remember something if you weren't paying attention in the first place! If you are struggling to concentrate, stop doing anything else. If you are easily distracted, remove the distractions or find somewhere quieter.

Know your own style

Adapt information to suit your learning style. Many people are **visual** learners, and they find reading and visualising information most helpful. **Auditory** learners will remember more by listening. **Kinaesthetic** learners like doing active things most. **What's your style?**

Use your senses

Try to associate information with textures, objects, tastes and smells. Try repeating key ideas out loud in a rhythmic pattern. Write down information from memory as often as you can – doing this helps embed it in your memory.

Get organised

Write your notes in short blocks and organise them afterwards. See if you can find useful ways of linking information together, or of finding new categories to arrange them in.

Rehearse, rehearse

Try to recall new information frequently the same day you receive it, and then for a few days afterwards. Many people believe this approach is far more effective than cramming.

Believe it

Don't keep reminding yourself how bad your memory is. Stay motivated and believe you can learn and remember all that you need.

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