

Using Brain Science to Improve Memory

Using Brain Science to Improve Memory
ATH 115 Success for Life and Ministry

Gary Corbin

September 27, 2017

Improving your memory is a challenge for many college students, it takes discipline and strong study habits. Memorizing takes rehearsal and constant practice reciting of the material being memorized. One must be able to transfer learning short term to long term. Short term memory has limited capacity, limited time, and converting. It is useful to use careful planning that requires repeating or reviewing the material to be able to transfer from short to long term.

One of the clues to help you to remember things is to place them where you can see them. You should have a routine of doing the same thing day after day. Write things down will help you to remember. Be repetitive the more you do a thing the more you will remember. Say things aloud for example when you are reading read aloud to hear what you are saying.

Reading different subjects and material helps to remember and when you write things down more than once will also help. When you skim or survey what you are reading then you should use visualization and reciting. Mark ideas that you deem important review and reflect the material. It is meaningful to think positive about the material and look for eye catching statements.