

Memory

## Description

studying

teach or prepare & pretend to teach what you learned

30-50min study then by rest eyes in hands focus on 3 in 7 hold 8 out breathing, listen to God/meditate 5 min

change way learn 2nd time, little changes

doodle

write notes longhand

visualize

right fist (if r handed) clench to learn 45 sec, left fist clench to recall

chew gum

yellow lettering black background first two letters bold

exercise

avoid walking into new room

30 deep breaths hold empty breath & XR

creativity- think prob, REM sleep for one second (weight in hand so wakeup when hand falls)

restudy 18 min, then day, then week, then month, then 3 months, then year

Rate of Forgetting with Study/Repetition. Credit: Chi-Ming Ho, 2009,

11 Simple Ways to Improve Your Memory

Long-term, immediate, and habitual methods for keeping your memories fresh and clear.  
Mental Floss

Kathy Benjamin

Six Brain Hacks To Learn Anything Faster

Research proves there are ways to learn new skills and concepts with speed and ease.  
Fast Company

Stephanie Vozza

Teach

Listening

Open ended ?s

Hand over mouth

Summarize

Memorizing

Clench the fist of your writing/strong hand when memorizing, other fist when remembering/testing

Write longhand

Concentrate for ten seconds

Red coated incandescent 100-125 watts (infrared) 3.5 min every eight hours on front & back of head, then four hours later every eight hours sides of head or 2 min every 4 hours

Exercise/Wim Hof breathing

Sleep- REM moves short to long therm

First two letters bold

Long task gum

No music

Visual associations

Doodle

Reading faster

Skim first

Keep plan in mind

Speed read

Skip sections

Write summary

Time self

Take notes

Top ?

*default watermark*

Left ?s

Right notes of answers in own words

Bottom summary

What's the Best, Most Effective Way to Take Notes?

If you're just copying down what the lecturer says and you don't revise what you've written down, there's little point in taking notes.

The Conversation

Claire Brown

**Category**

1. Uncategorized

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