

Improving memory

Learning styles

It is important to remember that people learn in different ways, therefore the way you can remember and recall information will differ from someone else.

You may learn best in one of the following ways, or a combination of them:

Visual – taking down notes and drawings, reviewing them regularly

Auditory – discussing topics with your peers

Kinaesthetic – learning by doing such as learning to change a tyre on a car by actually doing that process



Techniques and tips to improve memory

Your memory is one of your biggest assets, so improving it can help you with your study and development. There are many different ways to remember information and which one works best for you will be personal. Below are some techniques that can help you remember:

Mnemonics

A mnemonic is a memory aid that is used to help remember phrases or sequences.

Examples:

- i. *Richard Of York Gave Battle In Vein* used to remember the colours of the spectrum (Red, Orange, Yellow, Green, Indigo, Violet)
- ii. *My Very Easy Method Just Speeds Up Naming Planets* used to remember the order of planets in the solar system (Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus, Neptune, Pluto)

These mnemonics have stood the test of time and I imagine reading this now you remembered one of the mnemonics above at a glance. This is an example of how powerful a mnemonic can be if used well.

Colour coding

Colour coding your work can help you build connections between topics and help you remember the topics themselves. For example you may find it easier to link blue to yellow together rather than the content itself.

Image association

Similar to colour coding, it may be that a powerful image can help you relate to topic thus you can then make connections between the images.

Creating a story

If there is important information that you can't seem to get into your head, imagining or creating a story is a great visual way to embed that information in your memory.

Creating a song/rhyme

Similar to using mnemonics, you can create a rhyme or a song to remember important facts. Try making it amusing or ridiculous. Making connections with funny instances will be easier than connections with the content itself.