7 TECHNIQUES TO REMEMBER ANYTHING

Do you struggle to remember the name of a person you were just introduced to? How is it that some people seem able to remember everything so easily? Fear not! There is hope for us all.

Whether you're studying for a test or learning a language, remembering is easier than you think.

1 LOCI

Use It for:
Memorize a speech

Research shows that this method dramatically improves memory, particularly for people struggling w/ navigational and spatial memory skills.

HOW TO

STEP 1
Mentally revisit a familiar place or path for inspiration, a walk through your house.

STEP 2
Visualize each part of the speech you want to memorize in a different room or area of your house.

STEP 3
To recall the information, mentally walk through rooms each task as you go through your house!

PRO TIP

Take a walk through your child primary/secondary school for information details.

2 ACRONYMS

Use It for:
Memorize a group of words

Research suggests that we remember strong words and phrases more, longer, when we give it meaningful them. ? Don't crack your brain to recall a single, complicated phrase. Use an acronym instead!

HOW TO

STEP 1
Compile the first letters of each term you need to remember.

STEP 2
Rearrange those letters to form a phrase or sentence that is easy for you to bring to mind.

STEP 3
Tie up all the items you through your new sentence (the acronym) after by letter.

PRO TIP

We are more likely to remember things that are cute, cute pets your mannered or memorable as possible. Use rhyme, alliteration, rhythm, rhythm or a company. REPEAT.

3 RHYMING

Use It for:
Memorize information in a specific order

Rhymes help us to remember things, as our brains are good at breaking down the sound/structure of words. Why is human so amazing anyway?

HOW TO

It's time to get creative and find a rhyme that works for you!

Example: Mississippi: Mississippi, spell it, spell it, spell it