



**Estd 1917**

Improving Memory co.  
Ms. Namrata  
Assistant Professor  
Magadh Mahila College  
Patna university

- Tip of tongue phenomenon.
- Some technique used to assist in memorization include:-
- Rote learning:- It focuses not on understanding but on memorization by means of repetition. eg:- repeatedly spoken aloud.
- Mnemonic- often verbal such as short poem or special word used to help person remember something or list. It rely on association b/w easy to remember constructs which can be related back to data to be remembered. It may be visual, kinesthetic or auditory.
- 3. Peg System:- Pre-memorizing a list of words that are easy to associate with the number they represent (1 to 10,).
- Take proper sleep → Research has shown that taking a nap after learning will actually helps to learn faster and remember better.
- Visualise concepts → Pay attention to photograph, charts and other graphics. If you don't have than create yourself.

## Improving Memory

1. Pay attention → It takes 8 sec of intent focus to process a piece of info. through your hippocampus and into appropriate memory centre. don't do multitasking.
2. Tailor information acquisition to your learning style! - Some are visual learners and some are auditory learners they benefited by recording and visual with seeing!
3. Involve as many senses as possible! - If you are visual learner; read out loud what you want to remember, if you can recite it rhythmically, even better. try to relate info. to colors, textures, smells and taste, handwriting information.
4. Relate info. to what you already know: - Connect new data to info. you already remember.  
eg:- address of someone who live on street you know
5. Organize info. → write things in address books, databooks, calendar make notes, and reorganise the notes into categories. Use both words and pictures in learning information.  
Understand and be able to interpret complex material: - focus on understanding basic ideas. explain someone in your own words.  
Rehearse info. frequently and over-learn.  
Review what you've learned the same day you learn it.