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How to learn and remember things faster

Whether you are a student, professional, parent or retiree, we all learn new things every day. It can be like playing guitar, new language, how to find a square root number, or how to talk in front of an audience without losing your cool. Our minds are constantly evolving with new information. Undoubtedly, learning new skills can be frustrating and time consuming, but what if science can help speed up the process a bit? SEE ALSO: 6 Neurology Tips detox your mind and stop overthinking there are several ways to train your brain to remember things faster and optimize learning. 1. Exercise to clear the head Work is good for our body, but our brain reaps many benefits as well. Exercise can improve learning and memory, so if you have a writer's block or just can't get through this tough math challenge, try walking it or squeezing in a quick gym session. A 2013 study found that exercise had a direct benefit to cognition in both young and older adults - after a simple 15-minute workout, the study participants showed improved memory and cognitive processing. 2. Write down what needs to be remembered over and over again It may seem like a lot more work to continuously record the same thing over and over again, but this simple action can work wonders for your memory to remember. Studies have shown that listing facts or problems improves the ability to memorize them instead of passively studying them by rereading them. In addition, another study found that doing lecture notes manually, rather than printing them on a computer, helps students better remember the content of the lesson. 3. Do yoga yoga is an easy way to improve the gray matter of your brain that is involved in controlling muscles and sensory perceptions like speech, memory, decision-making, and seeing. Studies have shown that people who practice yoga show fewer cognitive failures. Surprisingly, another 2012 study found that just 20 minutes of yoga boosted the brain function of study participants, leading them to better brain function tests, both in speed and accuracy. 4. Studying or practicing in the afternoon, even if you consider yourself a morning or night person, at least one study has shown that bucking down and focusing on a task in the afternoon may have a greater impact on long-term memory training than at other times of the day. 5. Relate new things to what you already know, according to Loma Linda University School of Medicine, a large brain-based technique for memory retention is to link new information to what you already know. For example, if you learn about Romeo and Juliet, you can link what you learn about the play to the preview you have about Shakespeare, the historical period in which the author lived and other relevant information, university university 6. Stay away from multitasking In our technology-driven world, we often mindlessly select our smartphones to respond to text or check the social media feed while we are in the middle of another challenge. In some situations, multitasking may be convenient, but when it comes to learning new skills or memorizing information, it's best to focus on that one thing. The study, published in the Journal of Experimental Psychology: Human Perception and Performance, shows that multitasking undermines our effectiveness, especially for complex or unfamiliar tasks, because each time a person shifts between multiple tasks, additional time is required to shift mental gear. 7. Teach other people that you have learned sharing your newly acquired skills or knowledge is an effective way to further strengthen new information in your brain, according to Loma Linda University. The process of translating information into your own words helps your brain better understand it, and there are a number of innovative ways to break something down to teach it to others. It's a win-win for everyone. You might as well like: Use this Neurohack to actually follow through with your New Year Resolution Bright SideNewularInspirationCreativityWonder We learn things throughout our lives, but we still don't know everything because we forget a lot of information. Why is this happening? Bright Side decided to find out why this happens and find a way to remember the information much more effectively. There is a universal formula that helps us remember things easier, which was done by Herman Ebbinghaus, a German psychologist. And it works. Your brain protects you from overloading useless information. Therefore, all new information is stored in short-term memory, not in long-term memory. If you don't repeat it or use it, you will forget it very quickly. Ebbinghaus's oblivion curve shows that in just an hour of training, we forget more than half of the information we have learned. A week later, we only remember 20%. In order to keep the information in mind for a longer time, you should try to put it into a long-term memory. Forced memorization is not very effective in this case because your brain cannot understand information quickly and form strong associations. If you want to remember things for a long time, you need to extend the period of memorization. This should be as long as a few days or even weeks. © Warner Brothers Television try to understand what you learn. Things you understand are 9 times faster. Find out the most information you need. You have to prioritize correctly. Take this into account: things that are at the beginning and at the end are remembered better (sequential position effect). Switch your attention from one topic to another. Remember that such memories are mixed (intervention theory) and become Learn the opposite things. For example, if you are learning a foreign language, remember day and night. Opposites are easier to remember. Build your own palace of reason. The idea is to link certain things to a certain place. For example, if you are in your room, try plugging in something that you are learning something in your room. Repeat this several times. After that, try to remember what the room looks like in your memory, and repeat what you have learned in this way. Use the word nail. The point of technique is to nail one learned thing to another. So when you think about nail, you automatically remember another thing. Connect new words with those you already know. If you are learning a language, you can remember something new based on what you know. Invent stories. If you need to memorize a lot of information in a certain order, try putting pieces into the story. It is important that the figures are connected to each other by some plot. Use a tape recorder. Fix the information you're learning and listen to the recording several times. This method is best for people who remember audio information better. Visualize. Use body language when learning. This will help you trigger your muscle memory. Choose only the best materials. Don't use out-of-date books and teaching methods. Things could have changed a lot since the books were written. Don't waste your time on something that might be wrong. Pre-photo credit pixabay Many college courses require you to memorize massive amounts of information. Remembering for a single class can be difficult, but it can be even more frustrating when you have multiple classes. Many students feel that they simply do not have strong memory skills. Fortunately, however, memorization is not only for an elite group of people born with the right skills, everyone can train and develop their memory abilities. Competitive remembers claim that the practice of visualizing techniques and using memory tricks allow them to memorize large chunks of information quickly. Studies show that students who use memory tricks work better than those who don't. Memory tricks will help you expand your working memory and gain access to long-term memory. These methods can also allow you to memorize some concepts for years or even a lifetime. Finally, memory tricks like this lead to understanding and a higher order of thinking. Keep reading for introduction to effective memorization techniques that will help you at school. Simple Memory Tips and Techniques In addition to visual and spatial memory techniques, there are many other tricks that you can use to help your brain remember information. Here are some simple tips to try, this is a video from the training center for a brief explanation of many of these tips. Try to understand the information first. Information that is organized and makes sense for you is easier to remember. If you are you that you don't understand the material, spend some time understanding it before you try to remember it. Tie it up. Connect the information you're trying to remember to something you already know. Material in isolation is harder to remember than material that is associated with other concepts. If you can't come up with a way to connect information to something you already know, make up a crazy connection. For example, let's say you're trying to remember the fact that the water at sea level boils at 212 degrees Fahrenheit, and 212 happens to be the first three digits of your best friend's phone number. Tie these two, imagining throwing your phone into the boiling ocean. It's a crazy link, but it can help stick to this fact. It's good to think about it. Studies show that your brain processes and stores information during sleep. Try to view the information before going to bed, even if it's only for a few minutes, and see if it helps to insert information into your memory. Self-affirmation. quiz yourself every so often, actively recalling the information you are trying to explore. Make sure to actively quiz yourself - don't just reread notes or tutorials. Often students think they remember the material just because it's familiar to them when they reread it. Instead, ask yourself questions and make yourself remember it without looking at the answer or the material. This will allow you to identify the areas you are struggling with; You can go back to one of the memory tricks to help yourself remember it. Also, avoid quiz yourself immediately after trying to remember something. Wait a few hours, or even a day or two, to see if it really stuck in your memory. Use distribution practices. In order for the concept to move from temporary working memory to your long-term memory, two things need to happen: the concept must be memorable and it needs to be repeated. Use repetition to firmly feed the information in your memory. Repetition techniques can include things like flash cards, using simple tips in this section, and self-testing. Space out your study and repetition for a few days, and start increasing the time between each study session. The distance between them and the gradual extension of time between them can help us become more confident in the skill and fix concepts in place. Write it down. Writing seems to help us more deeply encode the information we are trying to learn because there is a direct link between our hand and our brain. Try writing handwritten notes during a lecture or rewriting and reorganizing notes or information manually after a lecture. While you are writing a concept you want to remember, try to say the information out loud and visualize the concept as well. significant groups. A good strategy to remember is to create meaningful groups that simplify the material. For example, let's say you wanted to the names of four plants - garlic, rose, hawthorn and mustard. The first letters are shortened to GRHM, so you can link this to the graham cracker image. Now all you have to do is be sure to imagine The Cracker Graham, and the names of the plants will be easier to remember. Use mnemonics. Mnemonics are systems and techniques that make information memorable. One common type is that the first letter of each word in a sentence is also the first letter of each word on the list to be memorized. For example, many children learned the order of math operations using the sentence Please excuse my dear Aunt Sally (braces, exponents, multiply, divide, add, subtract). Check out Wikipedia for a good list of examples and ideas. Talk to yourself. This may seem strange at first, but talking to yourself about the material you are trying to remember can be an effective memory tool. Try talking out loud rather than just emphasizing or rereading information. Exercises! Seriously! Studies show that exercise can improve our memory and learning opportunities because it helps create neurons in areas that relate to memory. Cardio and resistance training (weights) both have powerful effects, so do what works best for you. The practice of weaving. Weaving is the idea of mixing or alternating skills or concepts that you want to remember. For example, spend some time memorizing dictionary words for your science class, and then immediately go on to study historical dates and names for your history lesson. Follow that with practice a few mathematical tasks and then move on to scientific definitions. This method may seem confusing at first, but yields better results in the end than just spending long periods of time on the same concept. Check out this video for more explanations about interweaving and other similar strategies. Visual and spatial techniques are visual and spatial methods of memory tricks that include our five senses. They use images, songs, feelings, and our bodies to help information stick. People have outstanding visual and spatial memory systems. When you use visual and spatial memory techniques, you use fun, memorable, and creative approaches rather than boring, rotten memorization. It makes it easier to see, feel or hear what you want to remember. Visual and spatial methods also free up your working memory. When you group things together, you improve your long-term memory. Using visual and spatial methods helps your mind focus and pay attention when your mind would prefer to wander toward something else. They will help you something you learn meaningful, memorable and fun. The common practice of using knuckles to remember the number of days in each month is a perfect example of easy visual spatial technique to help you remember details. Memorable visual images. Next time you have a key element that you have to remember, remember create a memorable visual image to represent that element. Images are important because they connect directly to your brain's vision centers. Images help you remember complex concepts by clicking on visual areas. But you don't just have to use images, the more of the five senses you can use, the easier it will be for you to remember the information. Instead of just visualizing the image, try to smell, feel and hear the image as well. For example, if you're trying to remember that Louisiana's capital, Baton Rouge, make up an image of a girl named Louise holding a red baton. The technique of the Palace of Remembrance. This method involves visualizing a familiar place like the location of your home or dorm room, and using it as a visual space where you can deposit concept images that you want to remember. This method can help with memorizing unrelated items such as a list of products. To use the technique of the palace of memory, visualize your place (home or dorm room) and then imagine items from the list of products in various areas around the place. For example, an image of a cracked egg dripping from the edge of a table, or a bushel of apples sitting on a couch. This method may take some time to get used to, but once you do, the faster and more efficient it becomes. This Ted Talk explains the palaces of memory more. Songs and jingles. Much like palace memory and images, songs or jingles use the right hemisphere of your brain and can help us remember complex things like equations and lists. There are already a lot of songs out there for things like square formula-try googling that you're trying to remember to see if someone has already created a melody. If not, try to make your own. Five senses. Using as many of the five senses as possible helps you use more parts of your brain and better store information. For example, if you're studying for anatomy exam, pick up models of anatomy, feel each part and say their names out loud. Lively visual metaphors or analogies. This can help you not only remember, but also understand concepts, especially in math and science. Metaphor is a way of realizing that one is somehow similar to another. For example, think of the country of Syria as shaped like a bowl of cereal and the country of Jordan, like Nike Air Jordan sneakers. Metaphors, especially visuals, can hang with you for years. They help glue ideas in your mind because they make connections with the neural structures that are already there. Final thoughts Some of these techniques may feel strange at first or take some time to develop. The more you practice them, the easier and more natural they become. The more information you can commit to memory. Also, remember that you don't need to do every tip on this list. Experiment with a few and find which ones work for you. Remember that you can make an appointment with an academic discuss memory methods, create a research plan, or discuss any other academic issue. Check out some of the training center's resources on other effective learning strategies: Works consulted with Brown., Roediger, H., and McDaniel, M. (2014). Make him stick. Massachusetts: Belknap Press Harvard University Press. Foer, J. (2011). Moonwalking with Einstein: art and science remember everything. New York: A group of penguins. Oakley, B. (2014). Mind for numbers: How to excel in math and science (even if you flunked algebra). New York: A group of penguins. Robinson, A. (1993). What smart students know. 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