ELEARNINGNEWS ARTICLE

Year 4 - number 128 Wednesday 30 september 2020

15 tips to improve learning - Infographic

There are ways to improve your memory that we can all do. How not to overload our minds and learn the best?

1. Turn words into images

Visual memory is faster and easier because the brain encodes visual memories in a different way than words. Associating words with images makes it easier to remember words.

2. Bring back to memory before you forget

In the first days following a course we forget up to 80% of the information. Reviewing when learned the day before and continuing to do so often allows for optimal retention of information.

3. Focus

Focusing and maintaining focus on the target is very important. If you try to be too multitasking the risk is to make three times as many mistakes.

4. Learning to learn

Your learning style is not the same for everyone. There are visual, tactile, auditory or kinesthetic learners. Experience shows that if trainees have courses tailored to their learning style, test scores increase by 50%.

5. Combining the senses

How to increase memory by 10% during learning? Using a combination of visual, auditory, kinetic and tactile techniques.

6. Creating an emotional connection

If you establish an emotional bond with the learning topic, you can remember up to twice as much information.

7. Using flashcards

According to a study by the University of Washington at St. Louis, using flashcards to activate active memory recall strengthens memory by 50%.

8. Write

Taking notes by hand compared to what you learn makes it easier to memorize.

9. Repeat out loud

Repeating the concepts out loud helps to combine brain functions and makes memory stronger.

10. The scent of memories

Associating odors with concepts helps the brain to activate memory. The amygdala (olfactory function) is directly connected to the hippocampus (memory function) of the brain.

11. Associated ideas

The concepts can also be recalled by associating them with ideas.

12. Always use a rhyme

A shortcut to remembering information is to think of a rhyme.

13. Taking a break

Taking a ten-minute break helps to keep 20% more information than you would remember without taking a break, according to psychologists at the University of Edinburgh.

14. About chunck

Most people can store and remember about seven "pieces" of information in their short-term memory.

15. Memory Palace

Creating a room in your mind and imagining that you put representations of the information in it so that you can "revisit" it later helps to connect the information to spatial memory.

Translated with www.DeepL.com/Translator