

# 13 tips for memory development

Human memory is limitless. However, we use, at best, only 10% of them. But in today's world too many things we need to remember that traffic rules, job descriptions, foreign words, information for professional development and more. A list of what needs to remember the modern man is endless.

First, it should be noted that there are two kinds of memory: short and long term. To remember information, you need to go into long-term memory, as data from short-term memory is quickly erased. And for this to happen, you have to repeat memorized material. No wonder they say "repetition is the mother of learning".

To make it easier and easier to remember single words or even whole sentences, you can use one of the following techniques:

1. To teach consciously. Meaningful material is stored in 9 times faster.
2. Selection. Highlight the main information that you want to remember. The first thing to teach it.
3. The edge effect. So call the brain's ability to remember text only at the beginning and at the end of the page. To avoid this, you should alternate information from the middle of the data from the beginning and end.
4. The change of subject. If you constantly teach the same thing your brain is very quickly bored. The brain is much easier it will be to share and remember information that relates to different spheres of life.
5. Learn the opposite. It is more suitable when learning foreign words. We all know that antonyms are remembered much faster than just a single word. Simple example: hot-cold, night-day, fire-water and so on.
6. The mind Palace. This method is also called method or Loci's mind Palace. This technique is quite simple. We imagine the room where you put the information or word that you want to remember. This place of your memories, if you need to recall this data that will be enough to get back to the room and the information is right there in your head. The main thing is to associate it with objects and environment in the mental room, so you had something hooked when searching for the right information.
7. Words nails. In this case, to memorize the numbers or words used pairs of words or phrases. In the case of foreign language learning to apply the learned word to remember new. For example, if you need to memorize the English word "book" that comes to mind Primer.
8. Association. This is one of the most popular methods for memorizing words and sentences. Try to present images and associations with the information you want to remember. Visualize in your mind what you need to remember. In this case, once the desired image is formed in your head, you instantly recall related information.
9. A constant load. To the brain more efficiently worked, you need to constantly train him. It is enough to learn 5 new words daily. You can also download from the Internet application for the development of memory and attention and every day to spend at least five minutes. Today you can find a huge variety of these programs.
10. Story writing. In the memory of too much information and [student essay help](#) not always possible to recover from this huge ocean of need thought. Our brain can easily remember interesting stories. So if you need to learn your date of birth or phone number, create a story with these data and your mind will quickly reproduce it at the right time.
11. Audio. Someone who well remembers what he sees, and someone better given the information received at the hearing. In this case, you must use the recorder. Write down the necessary information, and then listen to it several times.
12. Visualization. Studying the material, use facial expressions and gestures that fit the subject. So to remember much easier and faster.
13. Add the interest. View or read something interesting on this topic. So the brain will be easier to remember everything. On the Internet today you can find almost anything, so it should not cause any difficulties.