

How best to remember information: 6 effective methods

A good memory is simply vital for the human component. After all, how often have been moments when we forget important things, events, people, and in some cases pay dearly for it. There are 6 effective and cunning techniques to improve their memory.

Reminder

An effective method to train a memory – constantly to recall memorized information. Scientists have determined that the group of volunteers had lost about 90 percent of the information literally 18 seconds. Therefore, for better comprehension, repeat out loud or to yourself every 15 seconds the desired information, such as your phone number, the name of a new acquaintance, address, or ordinary numbers.

Flavors

In the course of the experiments it was found that an effective way of memorizing information, the Association with smells. For example, while reading the report, presented to the nose of the toothpaste, and on the exam you will only gum gum with mint flavor like the pasta and the brain will remember the memorized notes.

Concentrating

In fact, we are not able to focus simultaneously on several things. And if you write the report, and behind the TV is playing, the attention will be scattered and the work is not done so efficiently as could be. So turn off any external distractions and start studying the right material.

Roman room

It is easy to develop memory by using the method of Roman room. The bottom line is that you mentally draw a room or outside and they themselves put the things that you want to remember. For example, an umbrella, a vase, a chair, a cat and Sakura. So imagine, absolutely empty room, which has a window overlooking a blooming Sakura. On the window is a vase, and sleeps next to the cat. Near the window is a chair, and on his back the weight of the umbrella.

The analogy with the human body

In practice repeatedly proved that this method of storage is incredibly efficient and allows you to memorize large amounts of information. The bottom line is that the necessary data associated with one [cheapest essay writers](#) of the parts of the body. For example, after work you need to go to the supermarket and buy apples, imagine that as soon as you see the head of someone from the staff immediately remember. Apple instead of the head, according to the analogy of eyeballs.

A coherent story

Scientists have proven that a great way of remembering things, not comparable with one another – associate with them the story. For example, you need to buy sugar, soda, jam and ice cream. The story – walking around the city Soda, accidentally slipped on the Jam, it ran to the aid of Sugar, and then together they ate Ice cream. You can think about how to improve the memory of such a senseless and delusional stories? In fact, they are very effective and at the recollection of the first segment, you can easily recall next.