

Memory Improvement



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PRESENTED

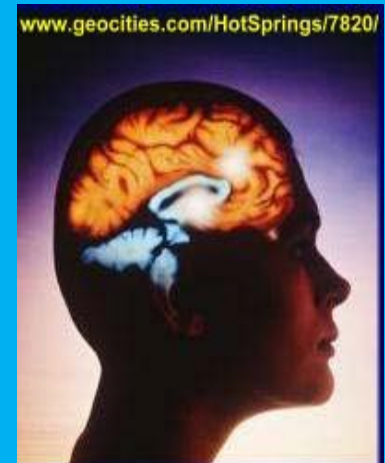
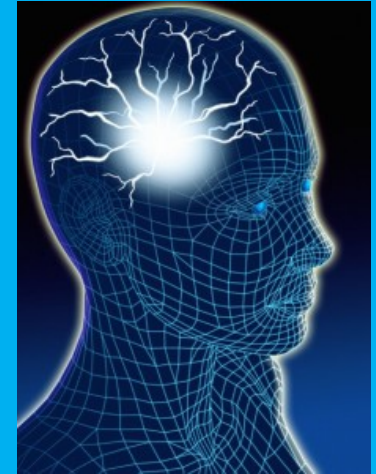
BY

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MEMORY POWER

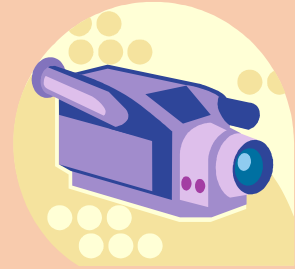


- ✓ A human being is having a very vast memory power. However the most successful man utilizes only up to 15 to 20 % of his memory power.
- ✓ Remaining percent is just lying idle.
- ✓ Hence the is not of improving memory question power but is of its proper utilization.
- ✓ Brain has 100 billions neurons. Even 10,000 neurons die everyday and at the end of 80 years, only 3% of neurons will die.

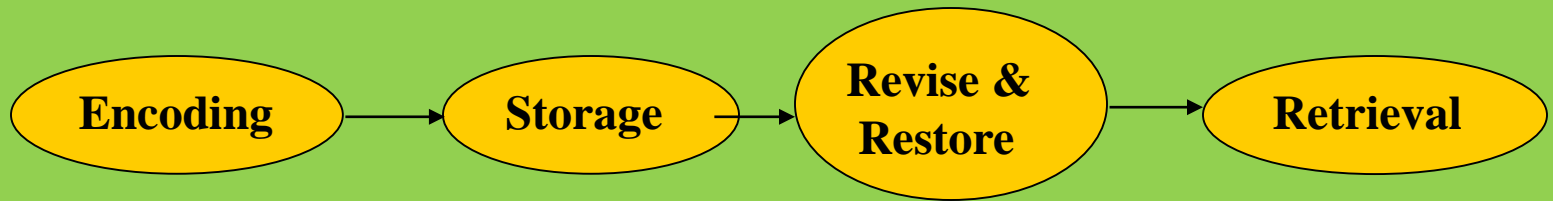




- ✓ Brain records every event and information like a faithful video camera.
- ✓ Once a thought or perception has been put into your memory, it stays there for the rest of your life.
- ✓ What we call “forgetting” is either the inability to recall or failure to store information in the first place.
- ✓ Hence, Memory may be defined as :
 - (i) A process of storing incoming new information to be recalled in the future.
 - (ii) A process of recalling a typical information or pre-experience.



Strategies of Memory



You Remember -----

25 % of what you read



35 % of what you hear



50 % of what you see



60 % of what you say



75 % what you do.



90 % of what you
read, hear, see, say and do.





- Revision is the best method of converting short term memory into long term memory.
- The following revision scheme may be adopted,
 - ✓ **First revision after 24 hrs.**
 - ✓ **Second revision after 1 Week**
 - ✓ **Third revision after 1 month**
 - ✓ **Fourth revision after 6 months.**
- Our sensory memory retains any thing for 2 seconds e.g. telephone number. Special attention may keep it for 30 seconds.



Set of Techniques for Improving Memory

They are divided into four broad categories. The First three categories deals with how to store information effectively in your brain so that retrieval becomes faster and easier. The last deals with recalling what information you want from your brain.

(A) Organization of Information :

(i) Learn from the general to specific :-

Before approaching any new course assignment, try to get general idea before proceeding to tackle finer details.

(i) Make the Information or Data Meaningful :

When the information helps you to get something you want, it is easier to remember. Look for the connections between what you want and what you are studying. It would certainly help you.

(ii) Create Associations :

The data stored in your memory should be arranged according to a scheme that makes sense to you. When you introduce new data, you can recall it more effectively, if you store it near similar or related data.



Difficult Link		Reorganized Link	
North	Summer	North	Red
Man	Boy	East	Yellow
Red	Blue	South	Green
Spring	West	West	Blue
Woman	Winter	Spring	Man
East	Girl	Summer	Women
Monsoon	Green	Monsoon	Boy
Yellow	South	Winter	Girl

(B) Use Your Body and Involve all Senses :

(i) Relax :

When we are physically and mentally relaxed. We absorb new information quicker and move effectively and recall it with greater accuracy. Relaxation does not mean drowsy or sleepy. It is a state of alertness, free of tension, during which our mind can play with new information, roll it around, create association with it, and apply many other memory techniques. We have to be relaxed as well active.

(ii) Create Pictures or Visualize what you study :-

Draw pictures, diagrams, figures, or charts of subject matter, if possible, while you study and try to correlate it with information. You may also try to visualize the subject matter in a form of picture, wherever possible, on your mental screen. It may need imagination. Our memory is one of the powers of our subconscious mind and our subconscious mind understand pictures better than words. Another reason to create pictures is that visual information is associated with a different part of our brain than verbal information. When you create a picture of a concept, you are anchoring the information in two parts of your brain. This increases your chance of recalling that information.

(iii) Recite and Repeat :-

- **When you recite something loudly, your two senses get involved in anchoring the concept. The effect of using two different senses is greater than the sum of their individual effects. The combined result is synergistic.**
- **Hence when you are reading a text, you should stop frequently and try to remember what you have just read by recalling it loudly in your own words.**
- **Invest 80 % time in reciting and 20 % time in reading.**
- **The repetition part is also important. Repetition blazes a trail through the pathways of your brain, making the information easier to find.**

(iv) Write it Down :-

Writing a note helps you remember the subject matter effectively, even if you never look at that note again. Writing has different kind of effect on memory than reading or speaking. It prompts you to be more logical, coherent and complete. Writing reviews reveal gaps in knowledge that oral reviews miss, just as oral reviews reveal gaps that metal reviews miss.

(v) Sleep :-

Sleeping after study reduces interference and well set the matter in the memory. Your study schedule should include ample sleep in between your study.

(C) USE YOUR BRAIN :

(i) Reduce Interference :For your find a place that is quiet and free from distractions Doing one thing at a time increases your ability to remember.

(ii) Use Daylight :Study your more difficult subjects during day light hours. Many people can concentrate more effectively during the day just because your are fresh and your mind is active.

(iii) Over Learn :One way to fight mental fuzziness is to learn more than you intend.

(iv) Escape from the Short-Term Memory Trap :

Short term memory can decay after a few minutes and it rarely more than several. A short review within minutes or hours of a study session can move the material from short term memory to long term area.

(v) Distribute Learning :

Marathon study sessions are not effective. You can get more done if you take regular breaks and you can even use breaks when engrossed in a book that you can not put it down or you can not think of anything else. **KEEP GOING**. At such instants the master student within you the taken over.

(vi) Beware of Attitudes :

When student think that a particular subject is tough, he starts finding difficulties in memorizing the same. Your interest in the subject and your positive attitude towards the subject plays important role in understanding and remembering subject matter. Inculcate interest and positive attitude towards the subject. It will be easy for you to remember.

(vii) Choose what not to store in the memory :

Many times, it may not be necessary or important to remember all the matters which you read or learn. We may choose not to retain certain kinds of information. Hence decide what is essential to remember from an assignment or a lecture. Extract the core concepts. Ask yourself what you want to remember.

(Viii) Combine Memory Techniques :

All the memory techniques described above work even better when used in combination with others. Try out various permutations and combinations so that you end up with a perfect combination, which helps you to store information effectively in your brain.

(D) RECALL IT

(i) Remember Something Else :

When you are struck and can't remember something you know, remember something else that is related to it. Similar information is stored in the same area of the brain. You can unblock your recall by stimulating that area of your memory

(ii) Notice when you do remember : Every one of us has a different memory style. To develop your memory, notice when you recall information easily and ask yourself what memory techniques you are naturally using. Also notice when is it difficult to recall information. Get the facts and adjust your memory techniques. Also remember to congratulate yourself when you remember.

(iii) Use it before you lose it : Even Information stored in long-term memory becomes difficult to recall if we don't use it regularly. The pathways to the information in our brain become faint with disuse. To remember something, access it a lot. Read it write it, speak it, listen to it, apply it- find some way to make contact with the material regularly.

(iv) Teach : Teaching demand mastery. When you explain something to someone you realize whether you really understood that concept or how good you know it. Study groups are especially effective because they put you on stage. The friendly pressure of knowing you'll teach the group helps to focus your attention.

(E) REMEMBER, YOU NEVER FORGET :

Believe it or not, an idea or thought never leaves your memory. Actually to does not matter whether you agree to it or not. Just adopt a more positive and optimistic attitude that says, “ I never forget anything. I May have difficulty recalling something from memory, but I never really forget it. All I have to do is to find where I stored it.”

Memory is the mother of imagination, reason and skill... This is the companion; this is the tutor, the library with which you travel always.

Be Confident

Often you become very anxious and remain in doubt whether you will get high marks or not. This may be because of lack of confidence. If you have learnt well, If your teachers have prepared you well & If you have put in your best effort, then why to fear? Have faith in yourself. Don't doubt your own capabilities. Be confident Remember

Confidence comes when we

- (i) have prepared well**
- (ii) have faith in ourselves**
- (iii) have faith in goodness and justness**

Be Consistent

You must have certain amount of consistency some control over your senses. During examination time see that you don't allow any distraction to come in your way, e.g. dreaming about things like going to restaurants, seeing movies or meeting friends. Don't get influenced by the surroundings. This may drift your mind. Keep away from all the sources creating disturbances in your study at least on the few day of your final revisions.

Understand What You Study

When you read a book of your course, try to understand and grasp it, don't try to cram it or blindly memorize it. When you cram anything it makes you nervous. Because then, if you suddenly forest on one word, you are likely to forget the whole paragraph.

_____ Don't Study Just For The Marks _____

Gaining good marks alone don't make you successful in life. It is how many marks you got by understanding the subject that matters. Therefore try to study with the intention of absorbing and retaining the knowledge.

_____ Visualize What You Study _____

A Simple but most effective way to understand and remember something is to visualize it on your mental screen and save it in your mind as picture.

Fight The Tendency To Copy

In copying half of your time passes in thinking when and how to copy. You just see how much time is wasted in merely thinking of copying! When you decide not to copy, you stop wasting your time and energy on it. Have a trust on educational ethics, be honest and have a faith in yourself. Because one day all this is going to help you in your future journey in life.

Don't Keep Your Goal Small

Don't keep your goals low, always keep them high. Your best may still not give you fantastic results but it will certainly give you satisfaction of having done your best. So try to do as well as possible. Let not getting marks or admission to a course be your only goal. Let knowledge be your goal.

_____Never Compare Your Self With Others_____

Think that you are unique in this world. Don't try to compare yourself with other. This may crop up jealousy and may also develop superiority or inferiority complex which may hamper your energy. Don't think that anybody is better than you. Do your best.

___Never Despair If Things Do Not Go Your Way__

Remember you are never a failure unless you think you are the one. Do your best and life will bring you the best.

Plan Your Job Not Just For Money But To Serve More

Don't take a job just for money. Take a job to serve people & benefit them more and more. When you plan to serve other, you will never compromise with your values. What ever you want to become, dream of serving others as much as possible. Money will automatically come but real satisfaction will be from your service. Such people become truly great.

OM SHANTI