



Improving Your Memory

One of the hardest parts of school for students of any age is taking and passing quizzes, tests and exams; which makes sense, as it's the part where you are asked to demonstrate knowledge of the topic that an instructor has been trying to drill into your head. That's the down side; the up side is that most college quizzes, tests and exams are mostly about memorizing stuff; and that's certainly something most anyone can do, provided they approach things in a rational way.

The first thing to know when trying to improve your memory skills is that people remember things best when they've seen, heard or read it multiple times. Thus, you are far more likely to remember something you read in a chapter on history, if you read it twice, than if you do so just once.

Another good thing to note is that people also tend to remember things better if they have some time pass between seeing, hearing or reading about something; which means you will likely remember stuff from that history chapter better if you read it once one day, then read it again the next day, rather than sitting down and reading it twice in a row.

Also, one thing about memory is it seems to work best when your mind is actually focused on what it is you are doing, which means you'll remember a lot more about what you've just read in a chapter if you actually pay attention to what you are reading when you read it. We've all found ourselves reading along, only to find ourselves popping back to the reality that we have no idea what we were just reading. One really good strategy for getting around this problem is to read what you are studying aloud. This way you'll have the information come to you through your eyes, as you always do when reading, but you'll also be hearing it at the same time which means you have double the amount of information coming in at the same time which hopefully increases your ability to take in what you are reading; but, more than that, you will be forcing yourself to pay more attention to what is being conveyed because that just happens naturally when you read out loud. For some reason, it's just more difficult for the human mind to wander off when reading out loud than it is when reading silently to yourself.

Another really good strategy for helping you to remember what you've studied is to try to explain to another person what you've just read, as soon as you've finished reading it. This will cause you to pay much more closer attention when reading if you know that you will have to explain it to someone else as soon as you get done, and then, by explaining it to someone else, you will help to cement that material into your brain.

The one thing to note in all of these suggestions is that to improve your memory for stuff you read is that they all require you to become more active and engaged in the material, and that's the real key to doing better on all those tests.

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