

Improve Your Memory

You Can Always Remember If You N.E.V.E.R. F.O.R.G.E.T.

Notice	<p><i>Intention increases retention</i></p> <ul style="list-style-type: none"> • Use cues to help you remember
Emote	<p><i>Emotion is the potion</i></p> <ul style="list-style-type: none"> • Connect feeling to what you are learning
Visualize	<p><i>A picture in your mind creates a memory you can find</i></p> <ul style="list-style-type: none"> • Create a picture in your mind when learning new words and concepts
Eat Right & Exercise	<p><i>Body and brain are yours to train</i></p> <ul style="list-style-type: none"> • Walk at least 5,000 steps per day • Eat brain foods: blueberries, broccoli, chocolate, walnuts, olive oil, pumpkin, salmon, spinach, tomatoes
Rest	<p><i>Memories go deep when you get enough sleep (10-12 hrs. for a fifth grader)</i></p> <ul style="list-style-type: none"> • Memories are encoded when you sleep; most encoding happens in the last 2 hours of sleep
Free Yourself of Stress	<p><i>Lower stress for memory success</i></p> <ul style="list-style-type: none"> • Don't sweat the small stuff!
Organize	<p><i>Put information in place to create a strong memory trace</i></p> <ul style="list-style-type: none"> • Create categories to organize information in your brain
Rehearsal	<p><i>Rehearsal's the way to make memories stay</i></p> <ul style="list-style-type: none"> • It takes up to 24 exposures to learn something new; teach someone!
Guard Your Brain	<p><i>Avoid some pain - protect your brain!</i></p> <ul style="list-style-type: none"> • Wear a helmet when riding your bike; don't sit in front of the T.V. or computer screen for too long
Enrich Your Brain	<p><i>New directions create connections!</i></p> <ul style="list-style-type: none"> • Do something you haven't done before - music, chess, games etc.
Teach	<p><i>Share what you know and feel memories grow</i></p> <ul style="list-style-type: none"> • When you teach others, you remember up to 95% of the material compared to 10% of what you read

Adapted from Marilee Sprenger