

# How to Memorize Information More Effectively

According to experts, learning by rote is almost useless – it doesn't make you smarter or help to learn the necessary data. That's why scientists have developed more efficient techniques, through which you can "negotiate" with memory and get awesome results.

## Methods Based on Subconscious

### #1 Multi-sensory Perception

Every person reacts differently to stimuli that are at the core of perception. By irritating sensors on skin, we distinguish between cold and heat; by activating tongue receptors, we feel the taste. Accordingly, the greater the number of sensors we engage, the better the perception of information, regardless of its form:

- For example, if you need to remember the names of exotic birds, try not only to read their names but also watch the pictures and even listen to singing or watching correspondent videos. Well, if it happens that you touch the bird, you'll never forget it!

### #2 Linking to the Art Objects

The art can greatly stimulate our subconscious, so why not to use it to one's advantage? An effective memorizing will occur if the information is linked to music, sculpture or any other masterpiece. In this case, the subconscious opens a special gateway to remember the data.

### #3 Repeating Before Going to Bed

Learning right before sleeping is another effective way to enhance the process of remembering. When we sleep, our subconscious mind synthesizes information. Accordingly, while the person is sleeping, the brain is more likely to work on memorizing information and be able to quickly remember.

*These three methods are very effective when it comes to subconscious. But there are also techniques that work directly with the consciousness and memory. Let us examine them right now.*

## Methods Based on Conscious

- **Write down negative thoughts.** This trick is very effective although it may seem unpleasant as it suggests writing negative events and thoughts on the paper before studying the material. Alas, our mind is greatly focused on negative things, so all you

have to do is to follow the negative flow with something valuable.

- **Rely on nature.** Not for nothing that many students prefer to learn the material in the open air. Nature increases perception by 20%. If you are unable to go outside, enjoy pictures of beautiful nature, and only then proceed to learn.
- **Speak louder.** If you need to learn foreign words, then they try speaking clearly and loudly. This will increase memorability by 10% when learning by heart.
- **Add a bit of expression.** As I have said, the more senses involved, the deeper the perception. Emotions, gestures, and facial expressions will help you to quickly memorize information, terms, and foreign words. Moreover, it will make learning more interesting!
- **Use a voice recorder.** Listen to the records in transport, before bedtime and at night. Although you will “sleep,” your brain will work. The amount of information, in this case, can be unlimited.
- **Move when learning.** Movement increases brain activity, so you’ll be able to better and faster learn what you need.
- **Change the working environment.** Let’s suppose you need to quickly prepare two reports. The best way to cope with such a task is to do each report in a different room. Thus, the information will not be mixed when recalling.
- **Write down the first letters of the key words.** To quickly and accurately remember any information (e.g., a song), write it down and then write down only the first letters, trying to reproduce the missed parts.
- **Rhyme.** Create a phrase from the first letters of the text.
- **Use Cicero’s technique.** If you can’t remember some objects, represent them in familiar surroundings. For example, to remember foreign words, fit them in your bedroom. This will allow you to create strong associations that will unmistakably point to the recalled word.
- **Sleep enough.** The more you sleep after studying the material, the better you will remember it.

*If you experience difficulties with remembering the material, feel free to use the tricks above to your advantage and get more help from professionals. However, often the reason for the lack of understanding and “bad memory” is the unwillingness of a person to delve into the process. If you want to remember some important data, be sure to invest some efforts and time!*