

Title:

Students: 5 Ways to Improve Your Memory

Word Count:

372

Summary:

'Will I remember what I have studied?' is a fear that haunts many students. Not any more. With

Keywords:

Memory, Study, Students, Education, Reference, Home Study

Article Body:

^Oh God, tomorrow is exam! Will I remember what I have studied?~ This fear haunts many student

Provided, you use those study methods that help your brain to remember better.

Here are five 'Brain-friendly' study methods that help to improve your memory and remember you

1. Study with short breaks

Take short breaks while studying. Do not study continuously for more than 30 to 45 minutes. Give a break of five to ten minutes in between two sessions.

Such short breaks give rest to your brain and help it to reinforce what you are learning. This

Do not read any new information during these short breaks. Just relax or walk around.

2. Explain to yourself

Explain what you study to yourself. Pretend you are both the student and the teacher, and try

This kind of 'explaining' automatically helps you to learn the subject in detail. Hence you wi

3. Discuss

Discuss important study topics with a willing classmate. Holding such discussion will jog your

Also, you will become aware of important points about those study topics. This will help both

4. Sleep well

Yes, sleep cosily. Good sleep is essential for good memory.

Recent research has shown that lack of sufficient sleep interferes with memory function. Becau

So do not skip sleep; especially during the exam days. Sleep for at least six hours. Eight hou

5. Eat Well

Now what has eating got to do with remembering more? Simple. What we eat affects our brain's p

So make sure you include nutrient-rich food items like--whole grains, nuts, fruits, vegetables

The above five remedies are easy to follow. They definitely help to strengthen your memory and

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