



Learned Memory

10 CONCEPTS

For effective learning




01. Spacing

Spacing out study sessions over time rather than cramming all at once has been shown to improve long-term retention.

Try to remember information without looking at the material. Use self-testing or summarizing key points from memory.

02. Active Recall



Use memory aids with imagery, acronyms, rhymes, for memorization like the peg system, memory palaces, and major system.




03. Mnemonics

Group related concepts together, making it easier to remember and comprehend.

04. Chunking



Create mental images to represent information. Especially powerful when combined with Method of Loci (memory palace)



05. Visualization

Combine verbal and visual information, i.e. read a passage aloud then create a visual representation of key concepts.

06. Dual Coding



Interleave practice of different topics rather than focus on one per session to strengthen connections and comprehension.



07. Interleave

Explaining concepts to others requires a deep understanding and can reinforce retention. You can also do this by writing explanations for others..

08. Teach Others



09. Sleep

Good sleep is crucial for memory consolidation, and has a significant role in retaining information learned throughout the day.

Regular exercise, a balanced diet, and stress management contribute to improved memory retention and cognitive function.

10. Healthy Living

