Memory techniques

There are a lot of techniques, which people can use to learn more new information quicker. When you study , you have to sleep enough to be concentrated and clear mind to learn new information. The first technique is based on the fact that all new information are sorting and putting in order while sleeping. If you need to remember anything you can repeat it before and after sleeping . Moreover, if you have a little bit time to sleep during a work day, you will be more effective and less tired , what will help you to learn more. Another way to memorize something is markers and pictures. When you getting new information you can draw tables and diagrams to normalize it . For example, on history we were making family tree of the rulers of Russia and maps of the battles. Also we can mark different information with different colors to make another association with facts. The third technique is permanent repeating. When we do something constantly you learn it better. For instance, I use program which shows me a new English word every time I unlock my smartphone, I do it so often that I can look through a hundred words a day, obviously, it’s impossible to learn all of it at once, that’s why it shows every word 5 or 6 times, in my opinion that’s enough to remember . In sum this techniques is one of the best ways to learn new information.

