9 Methods for Improving Your Memory

These 9 research-proven strategies can effectively improve memory, enhance recall, and increase retention of information :

1)Focus Your Attention

- [Attention](https://www.verywellmind.com/what-is-attention-2795009) is one of the major components of memory. In order for information to move from your [short-term memory](https://www.verywellmind.com/what-is-short-term-memory-2795348) into your long-term memory, you need to actively attend to this information. Try to study in a place free of distractions such as television, music, and other diversions.

2)Avoid Cramming

- Studying materials over a number of sessions gives you the time you need to adequately process information. Research has continuously shown that students who study regularly remember the material far better than those who do all of their studying in one marathon session.

3)Structure and Organize

Researchers have found that information is organized in memory in related clusters.﻿ You can take advantage of this by structuring and organizing the materials you're studying. Try grouping similar concepts and terms together, or make an outline of your notes and textbook readings to help group related concepts.

4)Utilize Mnemonic Devices

- Mnemonic devices are a technique often used by students to aid in recall. A mnemonic is simply a way to remember information. For example, you might associate a term you need to remember with a common item that you are very familiar with. The best mnemonics are those that utilize positive imagery, humor, or novelty.

5)Elaborate and Rehearse

- In order to recall information, you need to encode what you are studying into long-term memory. One of the most effective encoding techniques is known as elaborative rehearsal.

An example of this technique would be to read the definition of a key term, study the definition of that term, and then read a more detailed description of what that term means. After repeating this process a few times, you'll probably notice that recalling the information is much easier.

6)Visualize Concepts

- Many people benefit greatly from visualizing the information they study. Pay attention to the photographs, charts, and other graphics in your textbooks. If you don't have visual cues to help, try creating your own. Draw charts or figures in the margins of your notes or use highlighters or pens in different colors to group related ideas in your written study materials.

7)Relate New Information to Things You Already Know

- When you're studying unfamiliar material, take the time to think about how this information relates to what you already know. By establishing relationships between new ideas and previously [existing memories](https://www.verywellmind.com/what-is-procedural-memory-2795478), you can dramatically increase the likelihood of recalling the recently learned information.

8)Read Out Loud

- Research published in 2017 suggests that reading materials out loud significantly improves​ your memory of the material. Educators and psychologists have also discovered that having students actually teach new concepts to others enhances understanding and recall.

9) Get Some Sleep

- Researchers have long known that sleep is important for memory and learning. Research has shown that taking a nap after you learn something new can actually help you learn faster and remember better.In fact, one study published in 2014 found that sleeping after learning something new actually leads to physical changes in the brain.