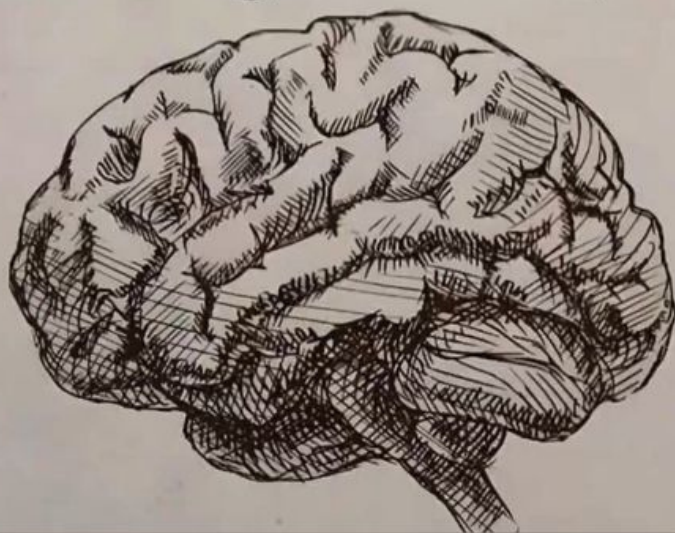


# How to remember everything!



(According to science)



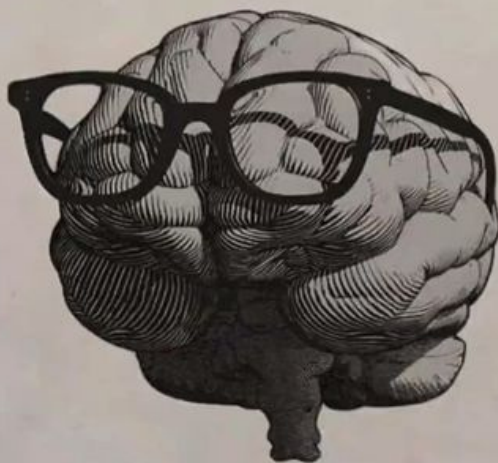
## **Learn , Practice, Recall - Repeat**

While reviewing make sure  
you are recalling and not  
just re-reading passively.



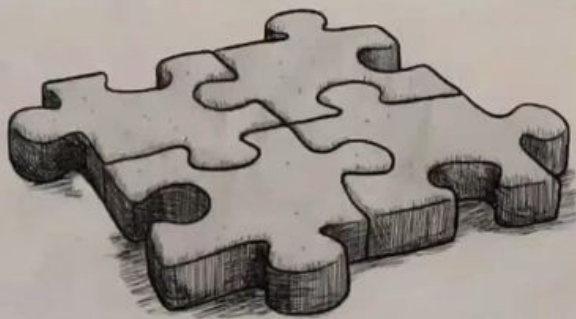
## Use visual memory

Visualising a concept is often the best way to fully understand it and remember it.



## Practice Chunkling

Take individual pieces of information and group them together into larger unit.



## Use Metaphors and Stories

Relate what you are learning to concepts and stories that you are already familiar with.



## Sleep

Your brain is like a muscle, it needs proper sleep and build those long lasting connections.

