We learn things throughout our entire lives, but we still don’t know everything because we forget a lot of information. Bright Side will tell you about 11 simple memorizing tips that will help you remember everything and improve your memory.

TIMESTAMPS

Why we forget things 1:04

How to remember everything 2:00

How to memorize something quickly 2:30

How to memorize something for a long time 3:20

Try to understand what you learn 4:17

Learn the most necessary information 5:11

Serial position effect 5:45

Interference theory 6:06

Learn opposite things 7:22

Build your own «mind palace» 7:22

Use «nail words» 8:19

Make up stories 8:40

Use a tape recorder 9:10

Visualize 9:51

Choose only the best materials 9:59

SUMMARY

- Your brain is like a hard drive — the space is limited. Remember Sherlock Holmes? He couldn’t name all the planets of the Solar system — this was not because he missed school or something like that, but because he was too smart to have such irrelevant information in his memory. He deliberately erased facts he would never need. This is what your brain does: it protects you from overloading with information. That’s why all new data is stored in the short-term memory, not the long-term one. So, if you don’t repeat it or use it, you forget it very quickly.

A German psychologist, Hermann Ebbinghaus researched the memory and its mechanisms. He described the Forgetting Curve which shows that just one hour after learning something new we forget more than half of the learned information. One day later we remember only about 30% percent. Well, you see where this is going.

- There is a memorization technique called «Spaced repetition». To keep some information in your head for a longer time, you need to try to put it into your long-term memory. Forced memorization is not very effective in this case because your brain can’t make sense of the information quickly and form strong associations. Here it all depends on the reason why you are learning something.

- To memorize something quickly, repeat the information right after learning it.

The second repetition should be after 15-20 minutes.

You don’t need to return to the information between repetitions — just rest and do something different. Let your brain relax.

Repeat the learned material the third time after 6-8 hours.

And you should have the final repetition 24 hours after the first contact with the information.

Do you know any other memorizing tips? If yes, share them in the comment section below!

How to memorize something quickly:

1) repetition Right after learning

2) After 5-20 minutes

3) After 6-8 hours

4) After 24 hours

How to memorize something for a long time:

1) Right after learning

2) After 20-30 minutes

3) After 1 day

4) After 2-3 weeks

5) After 2-3 months

- Try to understand what you learn 4:18

- Learn the most necessary info 5:10

- Serial positioneffect (Learn key parts in the beginning and the end 5:40

- Interference theory 6:02 (rest every 20 minutes, switch to smth diffrent)

- Learn opposite things 6:58

- Build your own mind palace (try to connect smth in your room to your word) 7:19

- Use 'nail words' 8:18

- Make up stories 8:39

- Use a tape recorder (record your info with voice) 09:07

- Visualize 09:46

- Choose only the best materials 09:58

Time management:

- repeat the information throughout different portions of you days, weeks, and maybe even months

- make sure to space out the time you review the information with periods of time doing completely different activity

- don’t learn two different topics with many similarities at the same time, your brain may start to think they are the same thing and combine, therefor confuse, the information

Organizing the Information:

- understand the information to provide the foundation necessary to organize all the different pieces of information covering the topic

- prioritize the important information when structuring it in your head, then go back and add all the extra details

- when selecting which information is the most important to first learn, you can further prioritize the memory of specific information by putting the most important topics at the beginning and end of how you choose to organize your information (this is because people typically remember information at the beginning and end of an organization method, the most)

Associating the information:

- associating information with other information can be helpful since if you can’t remember something one way, maybe it will come back to you if you think back on topics you associated it with. Examples of this is:

- associating content with opposite

topic content

- associating content with same topic

content

- associating content with locations

Memorize the same content with different forms of memory (the more places you store it, the more likely you are to recall it since it’s repeated throughout your mind), such as:

- sight (images)

- hearing (sounds)

- muscle memory (motion)

- smell (scents)

- creative memory (stories)

WARNING:

If you are going to take the time to memorize information, make sure it isn’t outdated. Otherwise, it would of been pointless.

1. Try to understand what you learn

2. Learn the most necessary information

3. Serial positioneffect

4. Interference theory

5. Learn opposite things

6. Build your own (mind palace)

7. Use (nail words)

8. Make up storys

9. Use a tape recorder

10. Visualize

11. Choose only the best materials

i) Try to understand what to learn 4:14

ii) Learn the most necessary information 5:09

iii) Serial position effect 5:36

iv) Interference theory 6:03

v) Learn opposite things 6:57

vi) Build your own <<mind palace>> 7:21

vii) Use <<nail words>> 8:18

viii) Make up stories 8:38

ix) Use a tape recorder 9:08

x) Visualize 9:46

xi) Choose only the best materials 9:58

2:30 Repetitions - SHORT Term

First - Right after learning

Second - 15-20 minutes after learning

Third - after 6-8 hours

Fourth - after 24 hours

3:33 Repetitions - LONG Term

First - Right after learning

Second - 20-30 minutes after learning

Third - 1 day

Fourth - after 2-3 weeks

Fifth - after 2-3 months

11. 4:15 Try to UNDERSTAND what you learn

10. 5:10 Learn the most IMPORTANT information

9. 5:38 Serial POSITION effect

8. 6:04 INTERFERENCE theory

7. 7:00 Learn OPPOSITE things

6. 7:23 Build your own mind PALACE

5. 8:20 Use NAIL words

4. 8:40 Make up STORIES

3. 9:09 Use a TAPE recorder

2. 9:49 VISUALIZE

1. 10:02 Choose only the BEST materials

1. Some of the effective ways to memorize things is memorizing while doing something you enjoy. Like eating while reading. Or listening to audios while exercising. Or turn the topic into a song.

2. Another way is to read, understand and practice. This way you are more likely to know better whether you have understood the topic correctly and train your mind with remembering your mistakes. It helps a lot because whenever you start making the mistake again you will be reminded of the way you should be correcting the mistake. This is what helps me memorize books ..

3.Repeating is a good way to memorize. Start with reading and understanding. If you really understand, there should not be much problem in remembering. If you are memorizing for exam, remember to read, (understand if you can or ask someone who has understood the topic), listen and repeat the process a few times.

4.Using application is effective as well. Knowing how to use what you have learnt makes it easier for you to answer exam questions considering applications in real life situations, especially if you do it often.

5. Remove all distractions. If your phone is a distraction, keep it away. If it is your social media, log out or just delete if it is nothing important. If it is your siblings, ask your parents or other old enough family member to help avoid the distractions such as behaving the younger siblings if that is the problem.

6. Choose a suitable time and location to study. Discuss with your parents/family about your scheduled study plans. Tell your friends when you are stidying to so that their activities would not affect you and you can focus better.

11. Try to understand what you learn,

10. Learn the most necessary information

09. Serial Position Effect(things at the beginning and end are remembered best, resort information)

08. Interference Theory(switch from one activity to another every 15-20 minutes)

07. Learn Opposite things, memorize opposite things together (day and night in different languages)

06. Build your own mind palace, associate something in your room with what you're learning repating it a few times while thinking about the object, then try to picture your room.)

05. Use NAIL words, connect information to some other information logically

04. Make up stories, connect information in a story with a plot, if you forget you can use your story to remember.

03. /use a tape recorder, record info somehow and listen to the recording repeatedly until you memorize it.

02. Visualize. Use your body language when learning as it helps trigger muscle memory

01. Use best material, no point memorizing old info that was corrected and proven wrong.