

SHARON PROMISLOW'S DOZEN HINTS TO ENHANCE MEMORY

1. First get in State: Make the Brain/Body Connection for full brainpower and release of stress. At the very least drink water, and do some cross crawl. See www.enhancedlearning.com for more insight.

2. Hook into Multiple Senses for stronger memory association networks in the brain: Associate a strong, clear picture, a loud sound, a strong feeling into the information: hear it, taste it, smell it.

3. Give it a strong emotional context: Emotion is the gateway to long-term memory, good or bad. Look for unique qualities, and if you have to, make up absurd, imaginative associations. The brain loves novelty.

4. For note taking: Use colored pens. Spider Web to organize the info: Central idea in middle, other ideas radiating out like spokes on a wheel, with sub branches attached. The bigger, the brighter, the better.

5. Chunk info down: Create more beginnings and ends.

Don't expect to focus and concentrate for more minutes than you are years old, to a maximum of 20 minutes for an adult. (You can work longer periods, but you won't remember middle content clearly.) The break doesn't have to be long: Have an apple or get up and stretch.

6. Review: Research shows you should review within 10 minutes (as you add to a mind map, you are reviewing)- 48 hours - 7 days.

7. Change Location: Learn different chapters or subjects in different rooms, areas or buildings. The brain loves novelty.

8. Attach personal meaning to it. Why should you remember (the info, the name or face)? What will it mean to your life?

9. Hook info into music. Think of a personal song, a nursery rhyme tune, or make a chant or rap out of it. Music of 60 to 70 beats a minute (baroque is a good choice) is good to encourage a balanced brain state

10. Get active! Use your whole body. Act it out, dance it, or best yet, teach the material to someone else. Teaching is the best way to learn, and moving the body helps the brain.

11. Use Memory Techniques: Do Word Association - Using the key letters, make up acronyms, silly sentences or stories to trigger links. Link the words or facts up to some kind of Peg System - Word, Number or Location.

12: Use Flash Cards and Repeat, Repeat, Repeat to layer in the learning until recall becomes automatic. A tried and true method!

Excerpted from "Lightning LearningTM ©Sharon Promislow & Enhanced Learning & Integration Inc. 2002, West Vancouver, B.C. Canada. TEL: (604) 922-8811. Do not copy or reproduce. All rights reserved.