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Now let us discuss five simple techniques to improve memory:

1. Chunking Perhaps Chunking is the oldest method used in memorization. In this method, the items to be memorized are divided into small and easily memorizable chunks or groups. This method works best when the order of the items is not important. If possible, organize the material as meaningfully as you can and think out relationships among each group. " "

eg. The list Apple, cucumber, paper, ink, cabbage, banana, grapes, beans, stapler, orange can be better learned by rearranging and applying chunking as: Apple, banana, grapes, orange, cucumber, cabbage, beans, paper, ink, stapler4 fruits, 3 vegetables and 3 stationary items.

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2. Rhyming This is also one of the popular and oldest

methods in memorization. This technique makes use of the fact that we have a natural tendency to remember rhymes and rhythms. Create rhymes will not only aid in improving your memory but in improving your creativity as well. "   "

eg. "Thirty days haveth September. April, June and November. All the rest have thirty-one. February has twenty-eight alone. Except in leap year, then the time. When Febs days are twenty-nine." 3. Mediation/Bridging   In this method, a bridge is built in between the items given to be memorized. This technique is best suited for learning material involving word pairs or material that can be reduced to word pairs. An example often cited by memory experts is the learning of the capital of Poland. The capital of Poland is Warsaw. World War II started with Germany's attack on Poland. Thus it may be arranged as Poland SAW War first. Here, the word pair to be connected together is Poland and Warsaw. The additional information of the World War II is used as a bridge or mediator in bringing these two words together.   "   "

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"   "   4. Bed-time Recital
In this technique, you do your recital or rote learning just before

going to bed. The mind in the process of sleeping would then arrange the information in a systematic and effective way when you are sleeping. Psychologists have also found that if you sleep after thinking about your problems there is a better chance that you arrive at a solution the next day.   ,

Steps   1. Be in a relaxed mood. 2. Write down the things that you are supposed to remember in a piece of paper. 3. Read it aloud (if possible) once or twice and recite it two to three times. 4. Now go to sleep without worrying or thinking about anything.

5. Trying by Not Trying

All of us apply this method knowingly or unknowingly. Sometimes when you try to recall you may not be able to recall it at that time even if you are sure that you know it very well. This is where stress plays its role in hindering recall. To handle this situation you just keep away from trying to recollect it and do something else. to your pleasant surprise that information automatically pops up into your mind after some time. This is because even if you stopped trying, the mind is searching for that information and brings it to awareness when it is found.

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