



Notre Dame  
CATHOLIC SIXTH FORM COLLEGE

# How to memorise information

# WHAT DO WE REMEMBER?

Memorising important facts and figures is the first step in revising content for your upcoming exams.

The second step is learning to apply the knowledge you have memorised to case studies, scenarios etc.

We remember only 10% of what we read but we remember 50% of what we see and hear and 80% of what we personally experience

# IMPROVING YOUR MEMORY 1

One way to improve your memory, up to 80%, is to link actions to the words/facts/figures you are trying to remember. Linking an action to the word will mean that you are 'personally' experiencing the information and will enable you to better boost your recall skills.

Try to remember the following words, you have 20 seconds:

How many can you remember? Tell a partner

*teachers: please time 20 seconds once you click to display the words*

# IMPROVING YOUR MEMORY 1

Now we are going to try this again, BUT this time, you need to stand up and link an action to each word.

Again, you have 20 seconds:

How many can you remember? Tell a partner

*teachers: please time 20 seconds once you click to display the words*

# IMPROVING YOUR MEMORY 1

Did you remember more of the words the second time?

Chances are, most of you will have remembered 3-5 words the first time and 7-10 words the second time by associating the words with an action.

Try to think of the 10 words later today – see how many you can still remember.

You can apply this to revising for your exams by linking important information to actions – though you can't physically do the actions during the exam, your recall ability will be improved by linking the actions beforehand.

# IMPROVING YOUR MEMORY 2

Another way to improve your memory, up to 80%, is to form a story in your head with the information you need to remember. Let's try this now:

**Challenge 2: Visual Memory**

# IMPROVING YOUR MEMORY 2

How many can you remember? There are 15 in total:

1. Ferrari
2. Chicken
3. Watermelon
4. Barack Obama
5. Poodle
6. Flagpole
7. Cake
8. Doll
9. Pizza
10. Giraffe
11. Skateboard
12. Cigarette
13. Statue of Liberty
14. Ice Cream
15. Fireworks

# LIFESTYLE CHANGES

**There are some simple lifestyle changes you can make to improve your memory during the revision and exam period:**

1. Get enough sleep: aim for 7-8 hours per night, better sleep means better ability to recall information
2. Eat the right foods: there are several foods that are great for memory such as walnuts, green tea, blueberries, fish, whole grains & olive oil - often referred to as the Mediterranean diet
3. Get some exercise: exercise leads to increased blood flow to the brain, which has several cognitive benefits, such as alertness, better concentration & more positive mood



# APPLYING IT

Now spend some time trying to memorise some key information for one of your exams. You can use the techniques we have looked at today, or do some further research into the following:

1. mnemonics
2. the mind palace (as seen on Sherlock)
3. memory & focus improvement apps such as Fit Brains Trainer  
(these can be used for 5/10 minutes to take breaks from your revision)