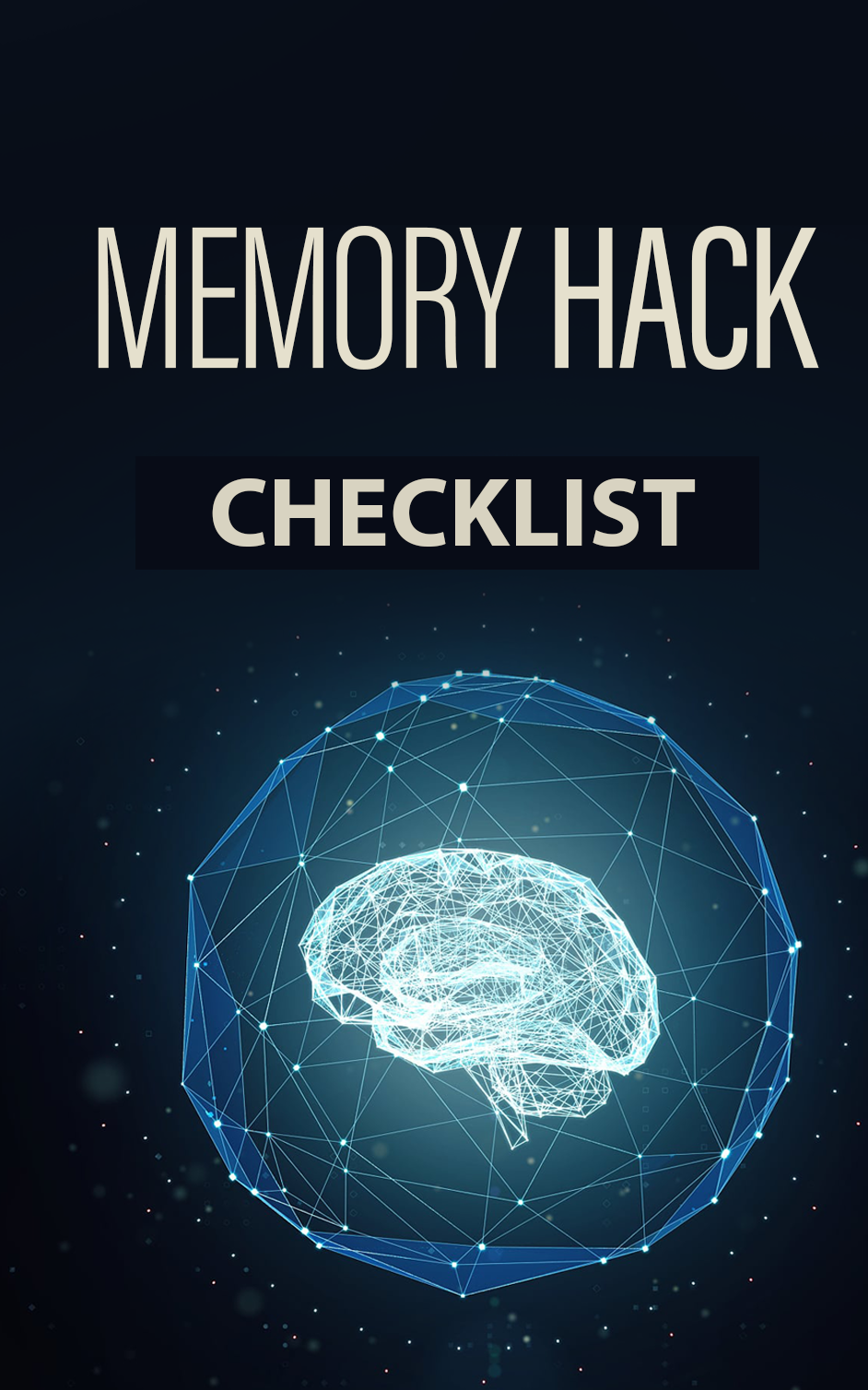
****

# Why and How to Enhance Your Memory

* The more we learn, the more plastic our brain becomes and the better at learning
* By learning lots and using the right techniques, we can:
  + Remember more names
  + Quote facts and figures
  + Sound knowledgeable
  + Improve our careers and salaries
  + Make a better impression on people

# The Neuroscience of Learning

* Our brain is made up of billions of brain cells called neurons
* These have billions of connections between them, creating what we call a connectome
* Each neuron represents and experience, memory, thought, feeling, or action
* As we learn, we form new connections between these neurons
  + Neurons that fire together, wire together
* Memories that will be stored long term are formed in the hippocampus
* This is part of the limbic system, which controls our emotion
* Emotional content is a hugely important factor for encoding long-term memory
  + If something is emotional, we are far more likely to remember it
* Likewise, if something is multi-sensory, this creates a more detailed map, making us more likely to remember it
* Memories are moved to long term storage when we sleep

# How to support our brains for long term learning:

* Sleep more and better – this will give our brain time to form long term memories
  + Don’t “cram” for exams!
    - Keep light to a minimum in your room
    - Keep your room cool
    - Take a warm shower before bed
* Get the right nutrition
  + Nootropics can be useful
  + But better is to eat a healthy and balanced diet filled with:
    - Omega 3 fatty acid
    - Curcumin
    - Magnesium threonate
    - Amino acids
* Use “Spaced Learning”
  + Learn for a short period of around 10 minutes, then take a 5 minute break. Repeat.
    - This helps to “reactivate” neural pathways, making it seem like lots of separate revision sessions.
* Make information more interesting to load it with emotional intent
  + Watch programs and videos about it
  + Find the angle that most appeals to you

# Techniques for Learning:

* The sheet technique involves putting all the information for a topic on a single page
* A mind map allows you to structure ideas in an interconnected manner, just as they exist in the brain
  + Drawing on your mind map makes it multi-sensory
    - The app “Mindly” is a useful tool
* Write down your notes on walls, windows, and mirrors using a washable marker
* Mnemonics
  + Rhymes and acronyms designed to jog memory
* Mind palaces
  + A space that you visualize and use to visualize things that you want to remember
* The method of loci
  + A route or path that you use in a similar manner to a memory palace

# Types of Memory

* Working memory
  + The extremely short-term memory we keep in our “mind’s eye”
* Short term memory
  + Memories from that day, people’s names in a film, etc.
* Long term memory
  + Things we can retrieve years later
* Fluid intelligence
  + Intelligence that involves attention, creativity, and problem solving
    - Incorporates working memory
* Crystalized intelligence
  + Knowledge