

# MEMORY HACK

## CHECKLIST



## 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 an 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
- Crystallized intelligence
  - Knowledge