# Two Effective Learning Aids for Better Memorization and Rote Learning

Many people believe they're 'no good at tests', or 'no good at learning'. Perhaps they have failed to achieve everything they want to academically or in their career as a result.

But while we can be sympathetic to this view, it’s also important to know that it is *not* set in stone. Being good at learning is simply a matter of finding the right strategies that work for you, and then practicing them as much as possible in order to get the most from them. Here are two effective methods that can help anyone.

Washable Markers

Washable marker pens are generally thought of as something you give to children to protect your décor, but they can also be useful for learning. This is because they allow you to write in places that you otherwise wouldn't want to which means you can put notes for yourself around the house. If you're struggling to remember a particular date or acronym then, all you need to do is to write a note for yourself about it on your shower door, or on the bathroom mirror, and this way you'll see it every time you get ready in the morning and be reminded.

This actually has two effects that are highly useful. Not only do they give you plenty of opportunities for learning, but they also prompt you to *re light up* the corresponding brain networks. As has been shown in a technique called “spaced learning,” this can actually help to more effectively create permanent and lasting memories.

Mind Maps

Mind maps are something that won't work for everyone, but they can be very useful for some. Here you write down the topic you want to learn in the centre of the page and then write down related ideas around this main topic in bubbles that you can connect with a line. This then allows you to plot out all the information you need for that topic onto one page in a manner that follows a logical system. Because you are this way 'linking' ideas together, you are mimicking the way the human brain works through neuronal connections and this will mean that each thing you remember helps you to remember more.

IF you want to have a go with mind maps but don’t know how to get started, then consider trying the iOS app “Mindly.”