



Memory and Concentration

BASIC TRUTHS

- ◆ Concentration is Attention
- ◆ Attention and Memory are linked
- ◆ Memory is a process

GENERAL TIPS

1. Pay attention, Avoid Distractions
2. Involve as many Senses
3. Relate new information to what you already know
4. Structure your information
5. Use mnemonics
6. Make sure you understand the material
7. Rehearse the information
8. Exercise your brain
9. Develop a healthy lifestyle



REMEMBER

-
- ◆ It's normal to forget.
 - ◆ You can't remember what you don't understand
 - ◆ Memory is a process you can manage with tools.
-



WHAT'S YOUR LEARNING STYLE?

- ◆ Visual learners like to use color coding, symbols, and diagrams to organize information.
- ◆ Auditory learners like to attend lectures, discussions and tutorials. They use tape recorders to capture the information.
- ◆ Kinesthetic learners use their senses in learning activities. They enjoy conducting experiences or connecting information to real world examples.
- ◆ Reading/writing learners capture information by reading textbooks, forming outlines and taking notes.