

Simple Techniques for Remembering Student Study Materials

- Use the Palace Method
- Use mind maps
- Understand the importance of concentration for eight seconds.
- Rehearse according to the 20-20-20 guideline.
- Rehearse out loud
- Make a recording of your lecture.
- Rehearse before bedtime
- Work on improving your memory skills.
- Practice With a Friend
- Make Written Notes
- Avoid Multitasking
- Exercise Before Memorizing
- Practice During the Afternoon

Techniques For Efficient Remembering

Leslie Dunmore-Leiber



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