



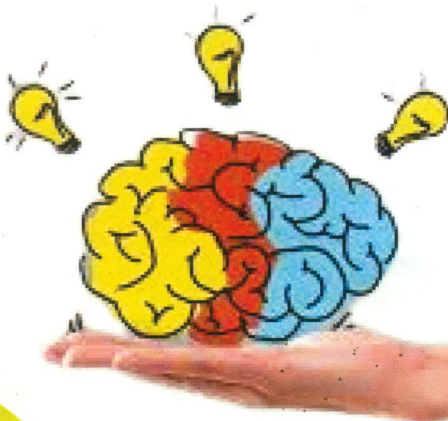
**BHARATHIAR COUNSELLING CENTER @  
DEPARTMENT OF PSYCHOLOGY,  
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## **How to improve memory?**

The more you train your body, the stronger it becomes. The same goes for the brain; the more you train it, the stronger it becomes. Our memories give us a sense of self and make us who we are. Memory is a crucial aspect of human cognition. It is the ability of the brain to encode, store and retrieve information.

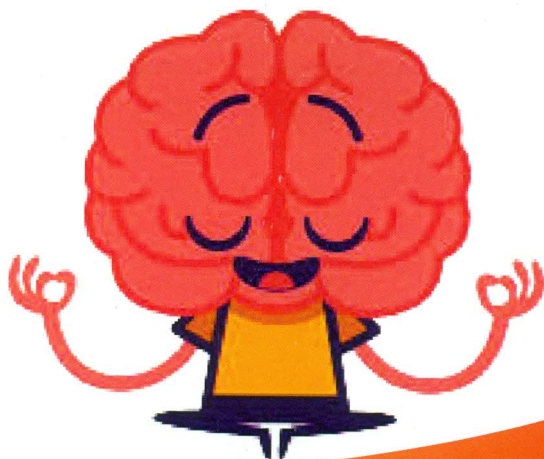
### **Ways to Boost Your Memory**

- **Creating Associations**
  - Create a memorable, personalized association with a new piece of information that you want to remember.
  - Try visualizing a connection between the new information and something you already know.
- **Meaningful learning**
  - Take down notes in your own words
  - Relate the material to what you already know or have experienced
- **Relaxation**
  - Practicing relaxation methods can help reduce stress and anxiety, which can negatively impact memory.
  - Try incorporating mindfulness techniques into your daily routine, such as meditation, deep breathing, or yoga.



- **Use mnemonic devices**
  - Mnemonics are memory aids that use patterns, letters, or other associations to help you remember information.
  - Chunk information into acronyms. For example, "VIBGYOR" can help you remember the colors of the rainbow (Violet, Indigo, Blue, Green, Yellow, Orange, Red)
- **Minimize Interference**
  - Get enough sleep - Getting enough sleep is essential for memory consolidation and retention. Make getting enough healthy sleep a priority.
  - Do not schedule back-to-back study time for topics that are likely to interfere with each other.
  - Take practice tests
- **Play memory games**
  - Memory games like matching games, crossword puzzles, and Sudoku can help improve your memory.

Remember, improving your memory takes practice and patience, but with these techniques, you can boost your memory and improve your recall.



For scheduling an appointment with a counsellor at  
Bharathiar Counselling Centre,  
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