

How to Improve Your Memory

Memory training, though primarily for adults, is also suited for teachers and parents concerned with child education and development. It is in the early years of school attendance that boys and girls start out on the road to success. All educators agree that this road can be traveled more smoothly with the aid of a good memory. A highly developed memory is one of a child's chief assets. It brings him high marks in school and gives him confidence, determination and poise: the keys to personal and social success. Most of all, it gives children an ability which will set the groundwork for their future success in the business or professional worlds. Four different aids to memory are given below, which can be used by adults and children alike.

- How to Absorb** In reading a book, letter, article, or whatever it may be, picture each scene or action as you read. Pick up a newspaper or a magazine and read a few sentences. Picture as you read. Do this several times. Read an advertisement. See how clearly the writer has portrayed his product and what it will do. With the next sermon, speech, or even conversation that you hear, do the same thing. Listen to every word. Picture what the speaker is saying. A condensation or outline can be written as you listen. If you will listen as attentively to the words of the teacher, lecturer, or speaker as you would to words of praise or endearment, then you will be sure to absorb a greater amount of subject matter than ever before.
- Exaggeration and Amplification** Exaggeration and amplification can improve anyone's memory. If an object is normally large, make it either larger or a great deal smaller. Do this even to the point of making the object seem ridiculous. It will stay with you a great deal more easily and also longer. If you hear a name, or someone tells you something that you desire to remember, amplify the sound or possible effect of it. This is more effective in single instances than in group effort. In other words, if Mr. Hansen tells you that his name is Hansen, then picture this man shouting his name or whispering it to you. Anything other than the normal is easier to recall.
- Outlines** Initialing and indexing may well serve as a ready reference outline for public speakers and for students in classroom recitations. Example: In delivering a talk on salesmanship, a speaker may desire to include the following good points; Fairness to competition, Intelligence, Gratitude, Honor, Truth. These, when initialed, spell fight. As the speaker completes the discussion of one point and is ready to bring out the next point, he need only reach for the next letter in the word fight, or whatever initialed word or code he has chosen.
- Geographical Gems** The three Pacific coast states are Washington, Oregon, and California. WOC or COW. See a cow lying, sunning herself, on the seaside of the Pacific Ocean. Picture this in your magic eye. COW represents the initials of the Pacific Coast states. Another example: There is only one place in the United States where four states join. In order to remember the four states, just think of the word UCAN. You can remember the four states, Utah, Colorado, Arizona, and New Mexico by these initials. Still another example: The five Great Lakes can be pictured as flooding the country side with HOMES floating on them. See these HOMES in your magic eye. H is for Huron, O for Ontario, M for Michigan, E for Erie, and S for Superior. This will stay with you. These are four sure-fire ways to improve your memory.

About the Author

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