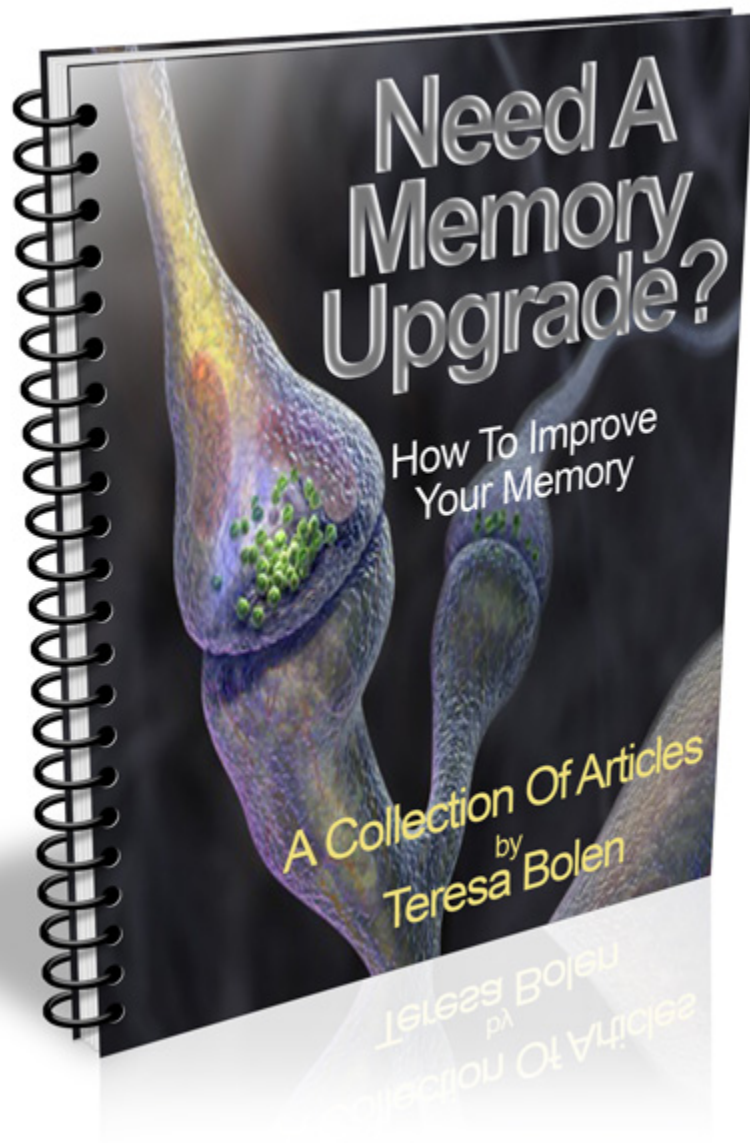
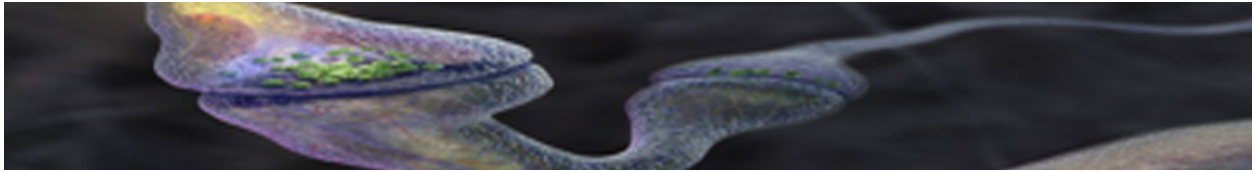


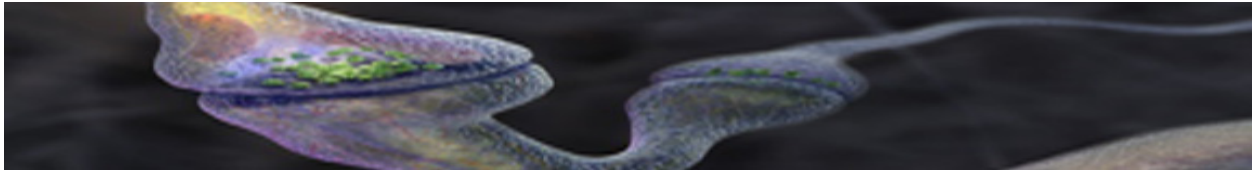
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Need a Memory Upgrade? How to Improve Your Memory, Part 1 of 11,

Respect Your Power

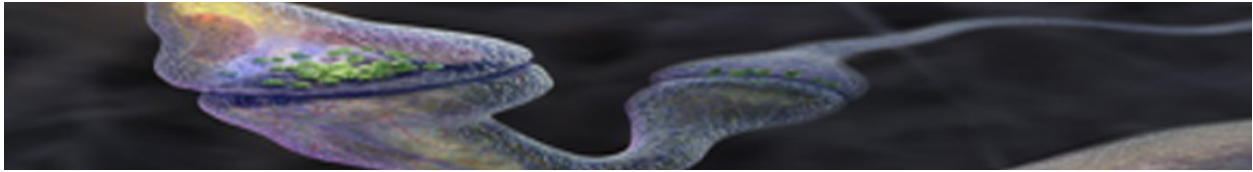
by Teresa Bolen [August 6th, 2006]

One of the greatest tools that you have as part of your natural genius is an amazing capacity to remember things. Does that surprise you? Like any sophisticated piece of equipment though, your memory needs proper care and maintenance to function at its ultimate capacity.

If you want to improve your memory and access your higher levels of ability to remember, here are the first of a series of some highly valuable guidelines to help you.

The single most important thing you need to do is to respect and believe in the amazing power of your mind. This is an absolute must for success! Your mind will flourish when praised and appreciated. So, right now, start searching for evidence in your life of how very well your wonderful memory is serving you, and begin to celebrate your successes and your abilities. Honor the incredible gift that your mind and memory are to you, and your memory will improve immediately.

In order to fully respect and appreciate your brilliant mind and super memory, you **MUST** challenge and banish limiting thoughts. A limiting thought is anything that puts a limit on your abilities. Limiting thoughts are dangerous to your best performance because the thought alone is sufficient to create a very real limitation.



Thoughts are things, and in this case thoughts are all powerful. Remember the wise words of Rene Descartes, 'I think therefore I am.' If you tell yourself things like, "I have a terrible memory," or "I can never remember anything," you insidiously undermine your own efforts and create an inability to remember as your reality.

In the same way, if you recognize your great abilities and capabilities, then they are yours and will grow and flourish in your care. Believe it and you will become it.

You already have what is by far and away the most powerful supercomputer on the planet, so go ahead and treat your own incredible memory as the wondrous resource that it truly is, and watch your memory improve almost immediately.

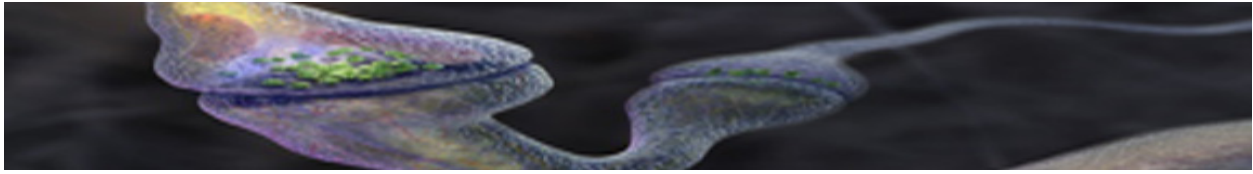
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Need a Memory Upgrade? How to Improve Your Memory, Part 2 of 11,

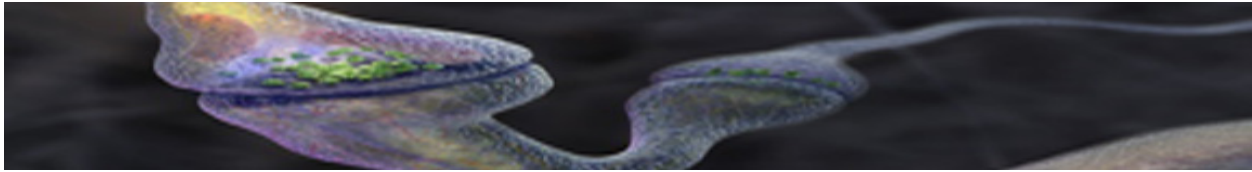
Your Fuel

by Teresa Bolen [August 6th, 2006]

Are you putting super unleaded into your rocket engine and expecting it to fly? If you want to get great performance out of your memory, you need to keep yourself in the best physical condition that you possibly can. You wouldn't expect the space shuttle to run on super unleaded gasoline, and it is equally unwise to expect your body and mind to function well if you are not caring for yourself and giving yourself the right 'fuel.' You may not need to improve your memory, you might only need to improve the way you use and support it.

Has this ever happened to you? You are scrambling to finish a paper, or study for exams, and because you are so pressed for time, you feel you can't give up any time to eat a proper meal, so you eat whatever is nearby? Perhaps you snack throughout the day, or several days on end, going for long periods of time without a well-balanced meal? Or, perhaps this has become a way of life for you, and you don't even remember what a well-balanced meal tastes like?

You may even think this is okay in the short term, however there are long term and short term problems with eating a diet of food that is anything less than a well-balanced, nutrient dense, wholesome foods made up of fruits, vegetables, whole grains, and protein. You probably know about the long term health issues caused by lack of proper diet, but are you aware of how



detrimental a poor diet is to your ability to perform academically, and your ability to remember?

No matter how much you may enjoy them, your body and brain cannot work at peak capacity on diet cola, pizza and instant noodles. So the first magic ingredient to improve or upgrade your memory is a healthy diet.

The other magic ingredient you need to keep your body and brain operating at peak efficiency is water. Good old H₂O. Water – Are you getting your 2 liters of water a day? Experts say that if you feel thirsty you are already dehydrated.

The human body is 55-78% water, and the brain is 85% water! Your brain needs plenty of water to be in optimal condition. If you don't drink enough water to stay hydrated, you can end up with headaches and have trouble concentrating. Obviously that's bad news for your memory too.

So, to improve your memory, be sure to give yourself the right fuel: a healthful diet and plenty of water. Prepare yourself to use that incredible memory of yours!

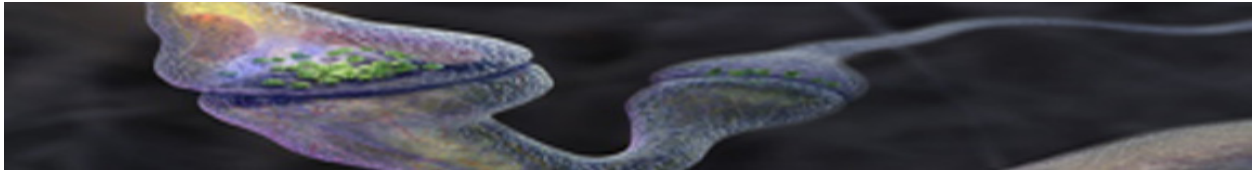
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Need a Memory Upgrade? How to Improve Your Memory, Part 3 of 11,

Sleep And Exercise

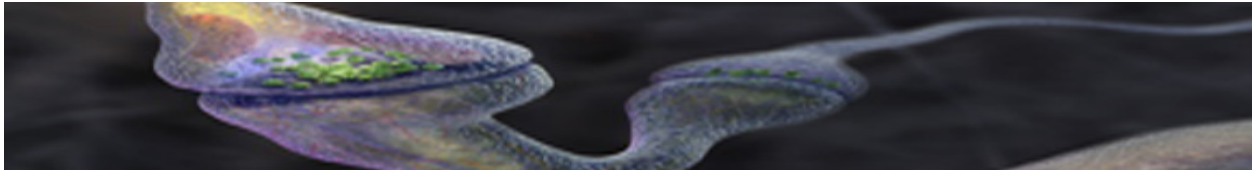
by Teresa Bolen [August 6th, 2006]

You have a natural genius and an amazing capacity to remember things. If you're not already enjoying the fruits of your wondrous memory, perhaps you feel you need a memory upgrade. In addition to using the right 'fuel' as discussed in part 2, there are some other areas where you could give your body and mind some additional support to improve your memory. Here are some additional highly beneficial things you can do for your memory.

For most students, often one of the most neglected areas is sleep. Are you so busy studying (or working) that you are not getting all the Zzz's you need? Most adults need 7-8 consecutive hours of sleep each night; children and adolescents need quite a bit more. If you aren't getting enough quality sleep, your memory is one of the first things to suffer.

You need sleep to create important memory links and connections. When you first learn something, that information is fragile; the imprint on your brain is very delicate. When you sleep your brain reviews that information and forges stronger pathways so it becomes a more solid part of your knowledge base. In other words, if you don't get enough sleep, you will have memory trouble. If you have been sleep deprived, then getting enough sleep is one of the easiest and fastest ways to improve your memory.

Another area that is essential to support your superb brain function, including memory, is regular exercise. Many students who spend all their time studying, or balancing between work and studying, neglect exercise



and miss out on one of the essential components to keeping the brain and the memory working at it's highest level. Regular exercise improves your circulation, and brings oxygen rich blood to your brain, helps relieve stress and depression, and helps keep your body in balance. You may not want to hear it, but physical exercise is essential to keep your brain at its best.

If your schedule is already overloaded with work, school and family, you might think that yet another activity or expense is going to be the straw that could break the camel's back – but it doesn't have to be. And the benefits to you if you approach exercise intelligently far outweigh the small investment of time.

For example, walking is great exercise and it is something that nearly everyone can do. If you build it into your daily routine, then you are set. If walking is not practical for you, you might consider using exercise videos and exercising at home. If you prefer the company of others, there are probably a large variety of classes at your college or university that offer a healthful amount of exercise that you could join. Choose something that is fun for you so you look forward to doing it rather than seeing it as another chore.

When you consistently get enough sleep and you exercise, you will be astonished at how easy it is to remember things, and how quickly your memory improves.

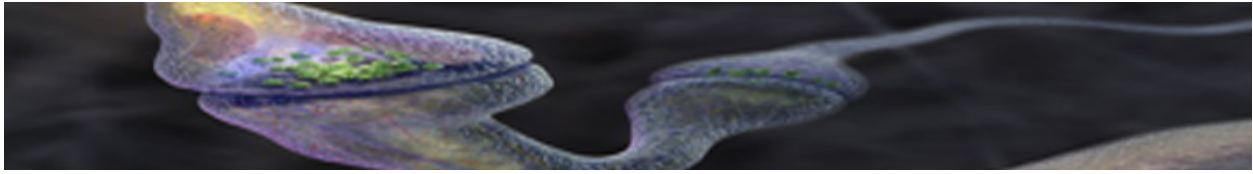
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Need a Memory Upgrade? How to Improve Your Memory, Part 4 of 11,

Work It Baby!

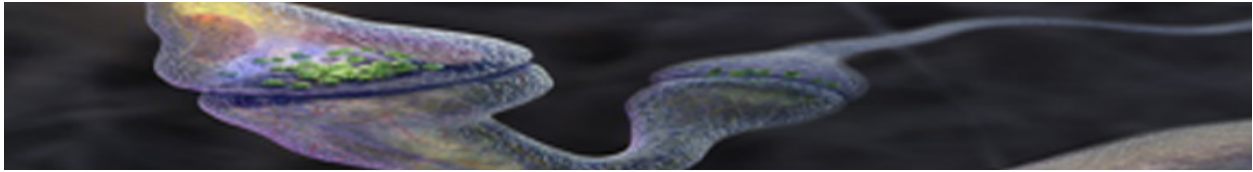
by Teresa Bolen [August 6th, 2006]

The old adage “use it or lose it” is just as true for memory as in other areas. If you want to improve your memory, you need to give it a “work out” on a daily basis in order to have it available and at its best for you.

If you have been feeding your mind limiting thoughts about your memory, you might have convinced yourself that those limitations are real. You might have found other ways to compensate for what you believed about your memory, or you might have stopped depending on it altogether, and as a result are not giving your wonderful memory the practice it needs in order to stay in tip top shape. It’s time to take it back out of the box and start actively using it again. If you still have limiting beliefs about your memory running rampant, you might want to review Part 1 of this series.

As with starting any new practice or skill, when starting to improve your memory by reengaging it, start small. Remembering a shopping list of 4 items without writing them down is reasonable, trying to remember a shopping list of 40 items without writing them down or using a mnemonic is an unreasonable request on your memory, and is likely to defeat the purpose of putting you in touch with how wonderful your memory actually is.

It’s a good idea to take baby steps. Take a small step, then recognize your accomplishment. Take another small step, experience another small success. One of the best ways to improve memory is to experience and recognize a



series of small victories, and build on each one. As you begin to appreciate your mind's incredible genius potential, your memory will continue to become stronger and stronger, and serve you better and better.

It may not seem like much, but even small memory exercises, such as remembering lists or closing your eyes and remembering how many people around you on the train are wearing a certain color, can keep your memory muscle flexed and ready for action. The best way to improve your memory is to continuously use it.

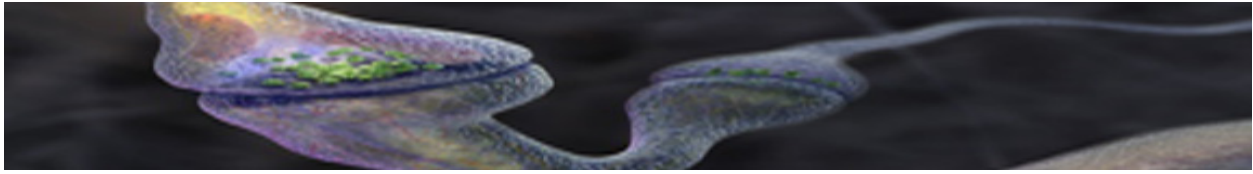
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Need a Memory Upgrade? How to Improve Your Memory, Part 5 of 11,

Joy

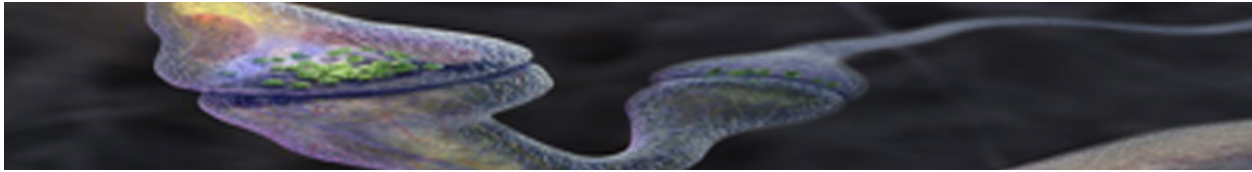
by Teresa Bolen [August 6th, 2006]

Joy is a wonderful tool to improve memory. The subject of joy doesn't usually make most lists of how to improve memory, so you might be surprised to see it here. However, I believe that joy is an essential component in keeping your heart, mind, and spirit in balance; and that your ability to remember and perform cognitive tasks are supported by that balance.

The thing about joy is that once you have it, it is easy to get more, right? It's a bit like starter for yogurt or sourdough bread. If you have a little, you can open it and plant it, and it begins to rapidly multiply and then increase exponentially. Pretty soon your life is overflowing with joy.

If you are overwhelmed with school, or work, or family, or all three, then you may have misplaced your joy 'starter.' Just like with starting a new batch of yogurt or sourdough, there are a number of things you can do to get it back and start making your own again. Here are some ideas to help you remember your joy and help you create more. You can:

1. Get some from a friend. Make time to call or have lunch with someone you care about. Choose someone who cares about you, and someone who makes you feel good just being around them.



2. Remember a time when you were blissfully happy. Recreate it in your mind in as much detail as you can create.
3. Give yourself permission to do something you love to do. You may need to do a little creative time management to fit it in your busy schedule, but you will find that even just 15 minutes a day of doing something you love can not only improve your memory, but make you much more efficient and effective too. This is a great investment in yourself!
4. Use comedy therapy. Laughter has incredible powers, including healing of both mind and body. Comedic shows are a way to help free up your laughter. See or hear comedy with others in order to increase the effect. Laughter is contagious just like yawns are, so you will find that you laugh more in groups.
5. Laugh at yourself in a wholesome way. By that I mean, laugh at yourself the way a small child laughs when s/he farts. This is a great way to lighten your heart, especially if as a student you are taking yourself too seriously.

Joy is a great investment in yourself, in your academic abilities, and in your future. So if you are finding that your life is short of joy, remember that joy is an essential part of keeping your memory working at its peak, and give yourself permission to reconnect with your joy as part of your study plan. You will be amazed at the how quickly your memory improves!

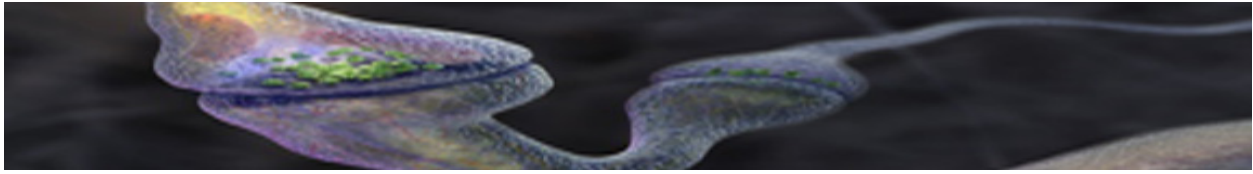
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Need a Memory Upgrade? How to Improve Your Memory, Part 6 of 11,

Be Emotional

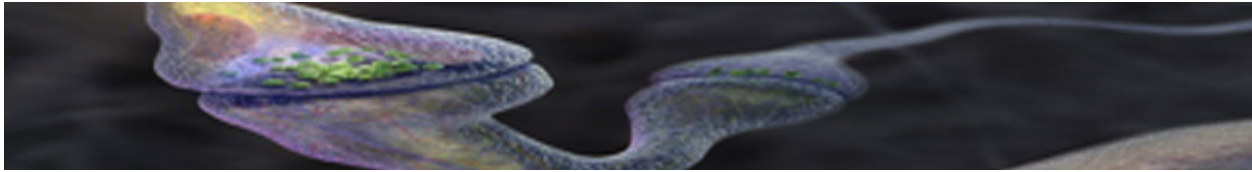
by Teresa Bolen [August 6th, 2006]

In Part 5 of this series, you explored the emotion of joy as a way to improve your memory. A strong emotional charge creates a much stronger link to the memories you store in your mind, and makes it very easy to retrieve them. For example, you probably remember your first kiss in great detail. Where you were, how old you were, who you kissed, etc. There is a strong connection between the strength of our emotions and our ability to remember something – the stronger the emotion something is tied to, the easier it is to remember. Therefore, you do yourself an enormous favor if you can be emotional about the topic.

As you know, your emotions can also wreak havoc on your ability to remember, so you need to choose and use your emotions carefully for this to fully work for you.

One of the most useful emotions is one of intense curiosity. The more intensely curious you can become, the more you will remember about your subject. Not only that, but by becoming curious, you tell your other-than-conscious mind to be on the look out for more relevant information about your topic.

It's like putting on a pair of glasses that makes things that were invisible to you suddenly visible. You will recognize information and the essential info



you need about your top will be drawn to you as if you are a magnet in your area of specialization.

What if you're stuck? What if you desperately want to improve your memory by being intensely curious, but the subject bores you to tears. You need to find something about it to be interested in.

- First, believe that there is something interesting even if you haven't found it yet.
- Find people who are passionate about the topic, and find out why it fascinates them.
- Pretend like you are one of those people who is intensely passionate and curious about the topic.
- Focus on the end result of having mastered the topic, (not the work involved in reaching that level.)
- Remember why you are studying the topic or subject. What is knowing it and succeeding in the subject going to do for your long-term goals?

Keeping your focus on why you have set a goal to remember something helps to anchor it in place. This can also help you generate the emotion of enthusiasm, another very useful emotion to help you improve your memory, master new information and skills, and enjoy yourself more along the way.

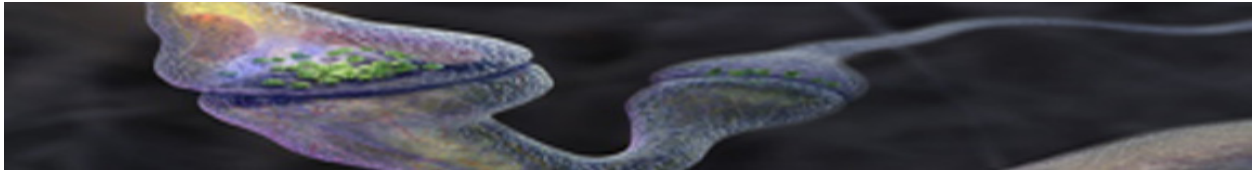
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Need a Memory Upgrade? How to Improve Your Memory, Part 7 of 11,

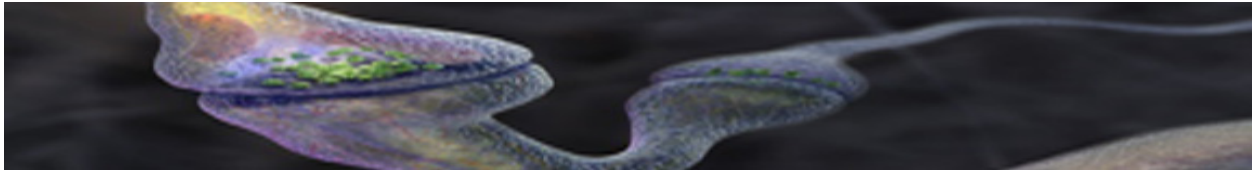
Change Locations

by Teresa Bolen [August 6th, 2006]

One of the ways that you can improve your memory is to change your location. Your memory of something is linked to the place where you learned it, so by learning things in different places you can make them easier to remember. Surprisingly, even small changes such as where you are sitting in a room can make a huge difference. I use this technique in every class with my students, and they are able to remember and use what they learn to such a high level of skill, it surprises and amazes their other teachers year after year.

Warning: To make use of this information, you are going to have to move out of your comfort zone.

You know how when you start attending a class, how you have a tendency to pick a certain area of the room, or even a specific seat and continue to sit there every time you go? It becomes a kind of habit, or even ritual for you. And I'd be willing to bet that if someone else beats you to your favorite seat, you are somewhat displeased and feel a bit unsettled for the remainder of the class. Am I right? Most students feel a bit territorial about the spot they have chosen, they develop a sense of familiarity and comfort in it, and often really resent a disruption to their ritual such as the presence of another person there.



However, in reality, if someone sits in your favorite seat, they are actually doing you an enormous favor. They are forcing you to find another place. That lecture or class will stand out more strongly in your memory simply because you were forced to sit in a different place.

Go ahead and give this a try for a few classes or lectures and see how your memory improves. When you walk in the room or lecture hall, and you feel that pull in your feet to go to your favorite spot, move out of your comfort zone and deliberately choose another. At the next class, you may be tempted to return to that new seat, but that is just the start of a new comfort habit. It is in your best interest to deliberately choose yet another seat, and a new place in the room every time you go there.

In addition to helping you remember what you learn in each class, there is an additional benefit. Chances are good that unless your classmates read this, they are going to stay in the same place. This gives you the opportunity to meet many new people and begin friendships with other classmates that ordinarily you might never create an opportunity to talk with.

So get out of your rut of sitting in the same seat all the time, and sit in a different location each time, and make some wonderful new friendships as you improve your memory!

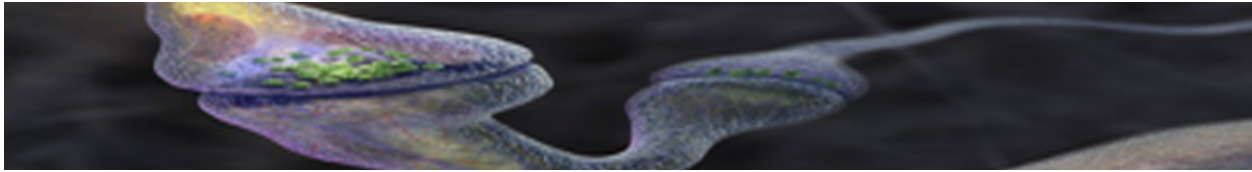
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Need a Memory Upgrade? How to Improve Your Memory, Part 8 of 11,

The Zeigarnik Effect

by Teresa Bolen [August 6th, 2006]

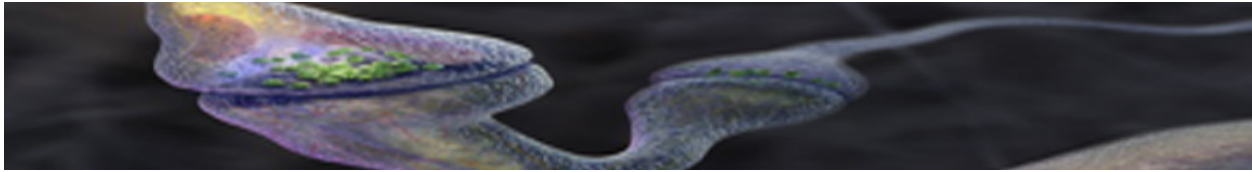
You know how at the last episode of a popular TV series of a season, the show inevitably ends with a cliffhanger? Drives you crazy right? Why on earth do the writers and producers do that to us?

They do it because of something called the Zeigarnik Effect. In a nutshell, it creates a sense of incompleteness, and it turns out that we humans like completion. That little bit of a thing left incomplete nags away at us, which makes it easy to remember. Knowing about and intentionally using the Zeigarnik Effect is a great way to make greater use of and improve your memory.

It was named after the Soviet psychologist and psychiatrist who discovered it, Bluma Vulfovna Zeigarnik. She discovered the effect in the 1920's while sipping coffee and noticing that the server had an amazing ability to remember the customer orders, until he had completed them. She published her findings in a paper in 1927.

So how can you use this information to help you improve your memory? Rotate activities and take strategic breaks. Take breaks in the middle of tasks rather than after finishing them.

For example, let's say you wanted to learn the meanings of a list of words. Learn the first few, then either change study activities or take a break.



Leaving the learning of the words incomplete will improve your memory of them. It will also give you a compelling urge to continue to learn them.

If taking breaks and changing activities in the middle of things seems disorganized and worries you, or you are concerned that you may not actually go back and finish your study tasks, take a few minutes to plan your study session before you start. This feeling is actually part of its power to help you improve your memory, but it is okay to organize it. Planning your study session is a good idea anyway, and you can use your plan as a safety net to make certain that you do the tasks you need to cover.

Here's to your success!

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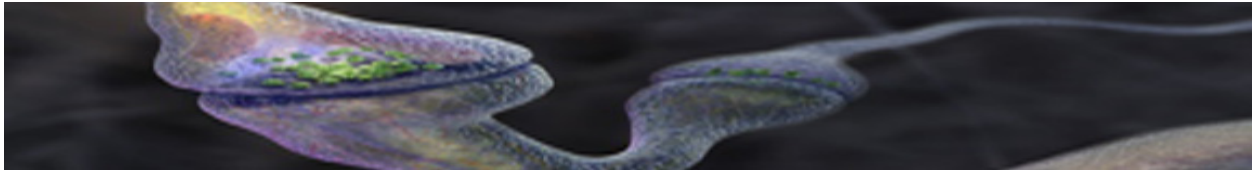
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Need a Memory Upgrade? How to Improve Your Memory, Part 9 of 11,

The Power Of The Beginning And The End

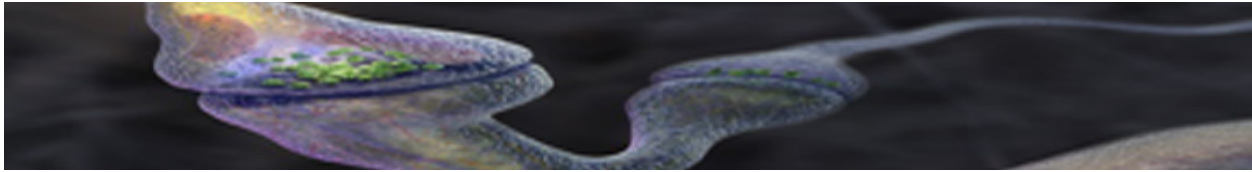
by Teresa Bolen [August 6th, 2006]

Changing tasks and taking strategic breaks in the middle of a task when you are studying is a great way to improve your memory of what you study. Taking breaks, especially in the middle of something might seem counterintuitive, but you will get exponentially better results from the time you put in. By studying smarter rather than harder, you can accomplish much more in much less time.

If you have read Part 8, then you already know how this strategy can improve memory by making use of the Zeigarnik effect. However, in addition to the Zeigarnik effect itself you will also get an additional benefit. By doing this you add the power of the beginning and the end, better known as primacy and recency effects.

Not only is it easier to remember something that you have left incomplete, it is also easier to remember what you do at the beginning and what you have done most recently. When you actively incorporate strategies to make the best use of the Zeigarnik effect, you are at the same time creating additional beginnings and endings within your study session which also help you improve your memory of what you are learning.

You probably remember your class lectures this way too. It is easy to remember the beginning of the class, right? And also what was discussed at the end, right? How well do you remember the middle? Kind of fuzzy, right?



Unless there was something that really piqued your interest or something highly unusual, chances are that your memory of it is less clear than the beginning and end of the class.

Good teachers and professors know this and make use of primacy and recency effects, either intentionally or intuitively, by summarizing the content at the beginning and at the end of their lectures. This way even if the students don't remember every detail, then at least they will be more likely to remember an overview of the content of the lecture. Great teachers not only summarize at the beginning and the end, but will also make use of the Zeigarnik effect near the end of the class to set up your interest in the next lecture and keep you coming back for more.

When you combine primacy and recency effects with the Zeigarnik effect by changing tasks and taking strategic breaks in the middle of tasks as you study, you are creating a kind of learning synergy. The whole of your study effort is greater than the sum of the individual segments – and you rapidly improve your memory of what you learn.

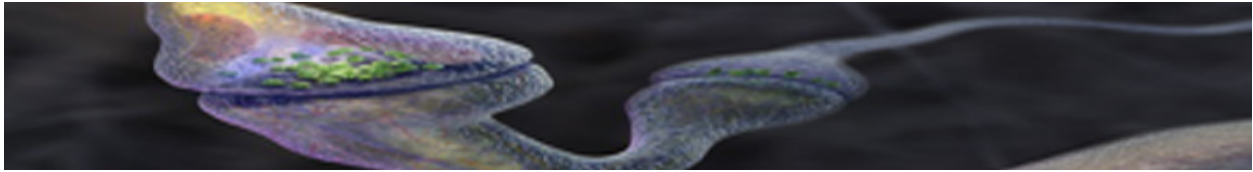
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Need a Memory Upgrade? How to Improve Your Memory, Part 10 of 11,

Sleep On It

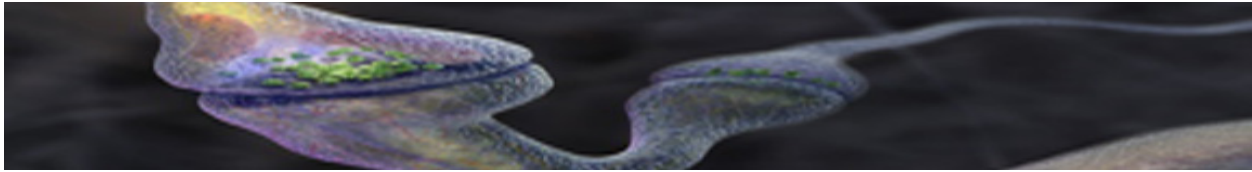
by Teresa Bolen [August 6th, 2006]

If you are serious about wanting to improve your memory, then you will want to engage the enormous power of your other-than-conscious mind. An easy way to do that is to make use of the time just before you go to sleep.

Whatever you are thinking about or doing before bedtime is what your other-than-conscious mind dwells on as you sleep. Now if this is the latest so-called reality TV show, this is probably bad news for you. On the other hand, if you haven't been making use of this incredible resource of yours, you are probably already seeing the potential of how powerful using this time can be to improve memory.

If you already have the materials you want to remember in an easy to use format, such as an outline or mind map, or simple notes, then a quick review before you go to sleep can do a great deal to improve your memory of that material. For an additional boost to your memory, review the material once again as soon as you get up the next morning.

When you are doing research, writing term papers or when you have a lot of reading material to cover and remember, it is especially useful to pre-read. First, you make a list of things that you want to know from the reading and write it down. State it in the form of a question whenever possible. Making your list of questions you want answered is essential to getting the most of your efforts, so be sure you do this step.



If you skip this list-making step, then you may as well forget about pre-reading altogether; because when you look at the material without knowing what you want to learn from it, it is like looking at a map and not knowing where you want to go. The route to your destination may be written on the map as plain as day, but if you don't know your destination it is almost impossible to find your way.

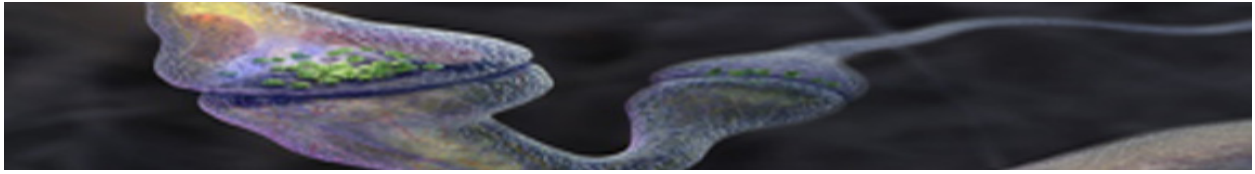
Reading materials are exactly the same. They are full of information, much of it relevant to your search, only you have no idea which information is essential and which is superfluous until you figure out what you want to know from that reading, right? So make your list.

Next, take a look at the beginning and ending of the piece. Usually authors will set up what they want you to know at the beginning paragraph or two of an essay, or in the introduction section of a book. After that, take a look at the end of the piece you are pre-reading. This is usually the last few paragraphs of a chapter or the end of a book, and almost always has summary of the material with the author's conclusions.

Then lightly skim the materials. This should be very quick. You aren't reading it; you are merely allowing yourself to see the pages. Your other-than-conscious mind will be extracting the information that you asked it to find by writing the questions you want to be answered from the reading. After that you simply relax and go to sleep, sleep on the ideas until morning.

The next day, read those same reading materials. Much of it will seem familiar to you. You are going to have a vastly greater understanding as you read, and remembering it will be infinitely easier. When you want to improve your memory of something, sleep on it!

Here's to your success!

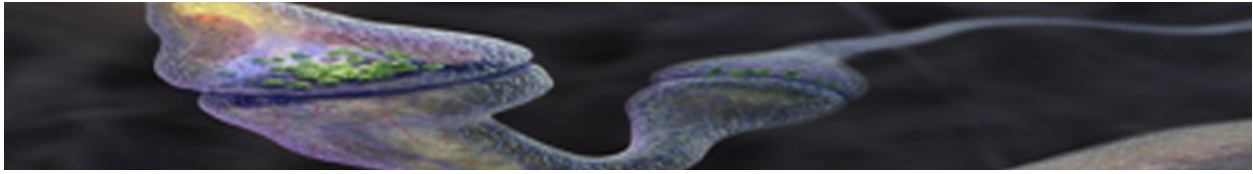


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Teresa Bolen is a teacher at Todaiji Academy, one of the top 5 schools in Japan, and the author of Master Plan to Master Exams: How to Discover Your Hidden Abilities to Create the Success You Desire. You can get her FREE 'Academic Excellence Report' at

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Need a Memory Upgrade? How to Improve Your Memory, Part 11 of 11,

Make It Silly

by Teresa Bolen [August 6th, 2006]

You can improve your memory by attaching additional associations, creating acronyms, and making up mini stories, and the sillier you can make them the better. The more silly, outrageous, absurd or bizarre, the easier it is to remember.

For example, when you were in elementary school and you learned the names of the Great Lakes in North America, you might have been taught the acronym HOMES, for Huron, Ontario, Michigan, Erie, and Superior. It works, but it is a little mundane. If you wanted to crank up the memorability of it, you might imagine you and your friends' homes floating above the Great Lakes. It makes a strong imprint on your mind. Or perhaps you would prefer something even more ridiculous, such as picturing a Hysterical Ostrich Munching Electric Spiders over the lakes.

If you want your story to more closely resemble the names of the lakes, you could change your mini story to something like 'a Heron playing baseball at the Great Lakes expected to hit a home run all the way to Ontario, but Missed again! It was Erie the way it looked at me, as if it were Superior.' This is an odd little story, but easy to remember and will bring you very close to the actual names of the lakes.

Another variation of this is to link ideas to the furniture of a room in your home. Let's say you want to remember a series of ideas for a presentation,



and you have seven main points you want to cover. Create a logical pathway to move through the room, noting the main pieces of furniture or objects of interest.

You can link your introduction to entering the room. Then link each of your topics to those pieces of furniture or objects of interest, and remember that the more silly, outrageous, absurd or bizarre, the easier it is to remember. Link one idea to the sofa. Link one idea to the coffee table. Link one idea to the lamp, and so on until walking through your room brings up the outline of your speech. At this point you can just imagine walking through this room in your home and as you imagine each piece of furniture you also remember the topic you linked to it. This is a great way to improve your memory, and it makes use of your kinesthetic abilities, a skill often overlooked when using more traditional methods of study.

Hopefully you are sensing how much fun you can have with this. I encourage you to play with this technique and see how silly you can make the additional associations, acronyms, and mini stories. The more fun you have with it the more you will see your memory improve.

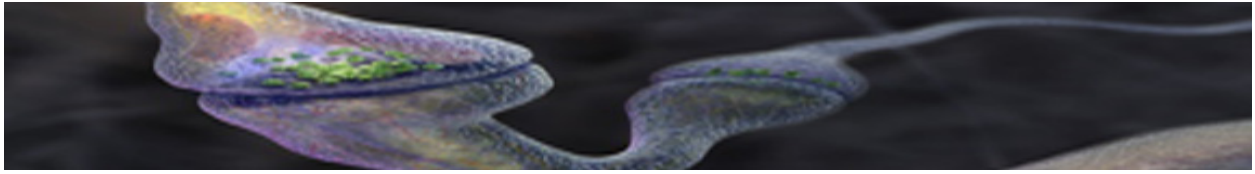
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And In Case You're Wondering...

The photo you see on the cover of this ebook is an image of a synapse. It's the chemical changes that occur in the synapse between the neurons in your brain that are the building blocks of your memory.



syn·apse ['sɪnæps, sɪ'næps - Show Spelled Pronunciation\[sɪn-aps, si-naps\]](#)

A region where nerve impulses are transmitted and received, encompassing the axon terminal of a neuron that releases neurotransmitters in response to an impulse, an extremely small gap across which the neurotransmitters travel, and the adjacent membrane of an axon, dendrite, or muscle or gland cell with the appropriate receptor molecules for picking up the neurotransmitters.