

Suggestions to Increase Your Memory Retention

1. Visualize parts of speech as objects one connected to another.
Example the word geography as I learned in 3rd grade to spell the word, following story:
George eats old gray rats and pitches Harry Yonder.

In this example, I have associated basic language to help remember particular words.
2. Connect unfamiliar terms with items you are already familiar with you.

Denotation: It means to give words the literal dictionary meaning.
I.e. dog is a four legged domesticated animal.

Thus, whenever I see denotation a picture comes up with the dictionary.
3. Focus your mind on task at hand. In learning people's names pick an adjective of something they like and use it as a link to help you remember.

Ex. My name is Rosalyn and I love the smell of roses.
4. Concentration
 - Connect your topic with an item you feel passionate about.
 - Monitor your energy and plan your day accordingly.
 - Teach yourself to focus on the task at hand.
 - Set time restrictions and reasonable goals in planning your talk.
 - Keep the perspective on the long-term goal—passing the class.
 - Monitor what you eat to keep you going.
 - Include time for yourself with quiet.
 - Make you sure you allow yourself stretch breaks.
 - If you get stuck, focus on what is wrong and whether it is reasonable or not. If not, let it go and return your focus.
 - Always be certain to reward yourself for a job well done.