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Last updated September 28, 2020 brain confusing network information. We don't remember a single fact, but instead we are interconnected by association. Whenever we experience a new event, our brains link the sights, smells, sounds and our own experiences together into a new relationship. Our brain remembers things by repetition, association, visual images and all five senses. By knowing a little about how the brain works, we can become better learners by absorbing new information faster than ever. Here are some research tips to help you get started:1. Use Flashcards Our brains create ingrained memories through repetition. The more times we hear, see, or repeat something for ourselves, the more likely we are to remember it. Flash cards can help you learn new subjects quickly and efficiently. Flash cards allow you to learn anywhere at any time. Their portable nature gives them quick training sessions on the bus, on the move, at lunch, or in the doctor's office. You can always pop out your flash card for a quick 2 to 3 minute study session. To create effective flash cards, you need to put one point on each flash card. Don't download the entire map with information. It's just overload. Instead, you should devote one concept to each map. One of the best ways to make a flash card is to put one question on the front and one answer on your back. So you can repeatedly quiz yourself into you have mastered any topic of your choice. Commit to reading through flash cards at least 3 times a day and you'll be amazed at how fast you pick up new information. As Tony Robbins says: Repetition is the mother of craftsmanship. Create the right environment For the times you study can be just as important as how you study. For an optimal learning environment, you will want to find a good place that is pretty peaceful. Some people may not stand deafening silence, but you certainly don't want to learn near constant distractions. Find a place you can call your own, with plenty of room to spread your belongings. Go there every time you study and you find yourself adapting to a productive learning schedule. Every time you study in the same place, you become more productive in this place because you associate it with your studies.3 Use acronyms to remember informationIn your quest for knowledge, you may have once heard of a strange term called mnemonics. However, even if you haven't heard of this word, you've certainly heard of its many applications. One of the most popular mnemonic examples is Every Good Boy doing well. It's an acronym used to help musicians and students memorize triple key notes An abbreviation is simply an acronym formed using the initial letters of the word. These types of memory tools can help you learn a large amount of information in a short period of time. Listen to MusicResearch a long time ago that certain types of music will help you remember the information. Information received while listening to a particular song can often be memorized simply by playing songs mentally in your head. 5. Rewrite your notesIt can be done manually or on your computer. However, you should keep in mind that handwritten writing can often stimulate more neural activity than when writing on a computer. Everyone should study their notes at home, but often times, just rereading them too passively. Rereading notes can cause you to disconnect and distract. To get most of your research time, make sure it is active. Rewriting notes turns passive learning time into an active and attractive learning tool. You can start using this technique by buying two laptops for each of your classes. Dedicate one of the notepads to notes during each class. Dedicate another notebook to rewriting notes outside of class.6. Participation of your emotions Emotion plays a very important role in your memory. Think about it. The last time you went to a party that people you remember? The lady who made you laugh, the man who hurt your feelings, and the guy who screamed in the hallways are the ones you remember. They were the ones who had the emotional impact. Fortunately, you can harness the power of emotion in your own training sessions. Increase your memory with five senses. Don't just see and hear the words in your mind. Create a vivid visual picture of what you're trying to learn. For example, if you are trying to learn many parts of the human cell, start a physically rotating cell in your eyes minds. Imagine what each part can feel. Start taking the cell piece by piece and then reconstructing it. Paint of a human cage with bright colors. Increase the cell in your mind's eyes so that it is now six feet tall and put on your personal comedy show. This visual and emotional mind game will help you deeply encode information into your memory.7. Make AssociationsOne out of the best ways to learn new things to link what you want to learn with something you already know. It's known as association, and it's the mental glue that controls your brain. Have you ever listened to a song and were inundated with memories that were associated with it? Have you ever seen an old friend who evoked memories from childhood? That's the power of association. To maximize our mental abilities, we must constantly look for ways to connect new information with old ideas and concepts that we are already familiar with. You can do this with mindmapping. A map of the mind is used to chart words, pictures, thoughts, and ideas into an interconnected network of information. This simple practice will help you connect everything you learn in a network of knowledge that can be learned from at any time. Find out about mindmapping here: How Mind Card visualize your thoughts (with Mind Map Examples) Featured Photo Credit: Alyssa De Lewa via unsplash.com Last updated September 28, 2020 Brain confusing network of information. We don't remember a single fact, but instead we are interconnected by association. Whenever we experience a new event, our brains link the sights, smells, sounds and our own experiences together into a new relationship. Our brain remembers things by repetition, association, visual images and all five senses. By knowing a little about how the brain works, we can become better learners by absorbing new information faster than ever. Here are some research tips to help you get started:1. Use Flashcards Our brains create ingrained memories through repetition. The more times we hear, see, or repeat something for ourselves, the more likely we are to remember it. Flash cards can help you learn new subjects quickly and efficiently. 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The practice will help you connect everything you learn into a global network of knowledge that can be learned from at any time. Read more about mindmapping here: How Mind Card visualize your thoughts (with Mind Map Examples) Featured Photo Credit: Alyssa De Lewa via unsplash.com unsplash.com self confidence development tips. self personality development tips. self development tips in hindi. self development tips pdf. self development tips in marathi. self development tips reddit. best self development tips. professional self development tips

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