



# BOOST YOUR LEARNING

Use these six tips to help improve the power of your brain

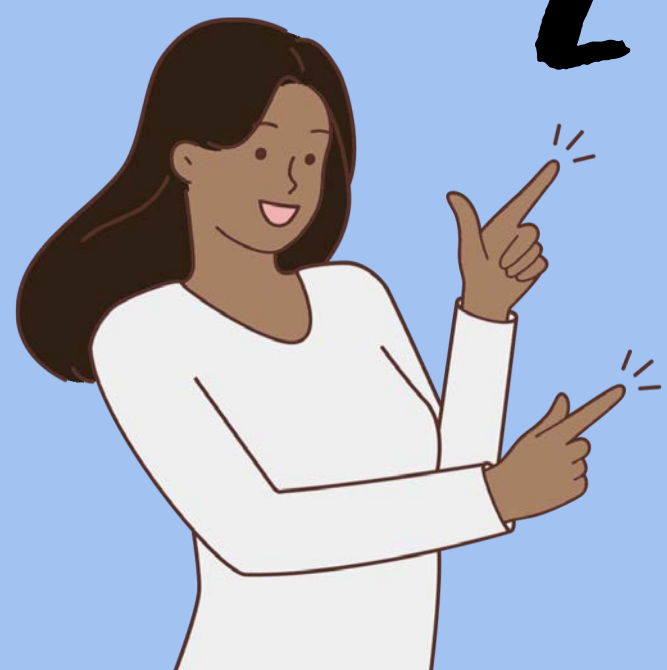
## 1 MINIMISE DISTRACTIONS

Reduce the amount of distractions including mobile phones, social media and television. Avoid multitasking as it can impair long-term and working (short-term) memory.



## 2 USE STORIES

Remembering an abstract concept can be improved by concrete examples or stories. Mnemonics, or memory aids, and stories help you form associations between the content you want to remember.



## 3 SPREAD OUT LEARNING

For long-term retention, spacing study sessions apart is far more effective than when information is learned en masse in one long session. Revise regularly, whether it is done weekly or each day.



## 4 COMBINE SPOKEN WORDS WITH IMAGES

Research has found that processing images and spoken words simultaneously has no negative effect on how well we remember them.

## 5 MIX THINGS UP

Mixing up the practice of several interrelated skills can boost performance in the long run. Known as 'interleaving'—this method can improve motor learning.



## 6 USE ACTIVE TESTING OR RECALL

Doing quizzes or forcing yourself to actively recall information is linked to deeper memory formation than when you passively review notes.

