

CULTIVATE A BRILLIANT BRAIN...!!!

Good memory is a necessary attribute of brilliant students. Students have to learn as well as memorize things to reproduce these things in their own words in examination. It should be noted that by memorizing I never mean cramming. Student should always avoid cramming because it puts end to creativity. He should understand and learn in a way that he can use that learning himself. But still a part of study needs to be memorized. Let me tell you how to improve your memory.

Associate one information with other information.

When you study and you pick a new information, associate it with another information, which you have already learnt. Making such relation between same information will help you remember things easily.

Make image of data in your mind.

Try to make a sketch of information in your mind. When you read something, think for a while draw its picture in your mind. In this way you transform data into memorable image.

Make short formulae or acronyms for complex data.

It is a nice tactic if you have to memorize complex data or many steps involved in a process in its sequence. In this way, you have to make a short word or sentence contain first alphabets of each idea.

Example:

Suppose you study Transaction Processing System (TPS) in IT SM paper. In order to study the attributes of TPS, You may make acronyms as 'HATE' where

'H' is for High Volume Rapid Processing-TPS

'A' is for Access Control-TPS

'T' is for Trustworthiness-TPS

'E' is for Equivalence-TPS

You may elaborate the above points in your own words

Reviewing

If you study a topic and forget this topic after some days. Don't worry it is common. You should review your study again and again to remember it for long time. If you study in morning, it is good to you review it in night. You should at least review a topic after every week.

Reading aloud and writing

Some students remember things by reading aloud or writing the study stuff. Practice it, it can help you.

Mental Exercise

Try mental exercise daily. It sharpens your mind. It strengthens neural connections in your brain. There are different activities by which you can exercise your brain. Like doing difficult arithmetic calculations with help of your mind, puzzle games, solving a questionnaire where you have to use your brain. The more you use your brain the better it is.

Nutrients for brain

Take nutrients which are rich in .good for brain. Nutrient having antioxidant like vitamin C, and E and beta carotene, vitamins B, omega-3 fatty acids and folic acid etc, are good for brain. Add 3 to 5 Almonds in one glass milk, keep it for 5 to 6 minutes and drink it daily, it is good for mental health. Apple juice is also good for sharpening brain.

Think and accept you can remember

Never say you can't remember. You can remember only if you say that you can remember and accept this mentally.

Try to get full sleep

Take at least six hour rest for refreshment and relaxation of your mind so that your mind can work more efficiently.

Take regular exercise

Brain takes it nutrients from blood for functioning properly. Physical exercise speeds up blood flow to brain and brain gets well nourished as well as brain gets rid of waste products. Physical exercise is necessary for enhancing memory power.