

There are some great websites out there that can help:

<http://www.helpguide.org/articles/memory/how-to-improve-your-memory.htm>

<http://articles.mercola.com/sites/articles/archive/2014/04/24/memory-improvement-tricks.aspx>

<https://student.unsw.edu.au/note-taking-skills>

https://www.dlsweb.rmit.edu.au/lisu/content/1_StudySkills/05notetaking.htm



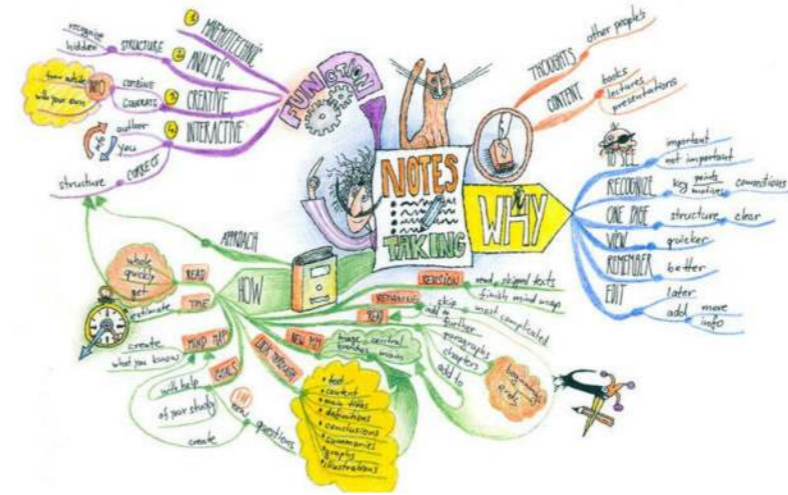
Preparing for Examinations:

1. Making and taking excellent study notes

“ Remembering details is never easy... that’s why it’s so important to learn HOW to remember so you can improve your memory and therefore improve your quality of life and life opportunities”
 Neuroscience
 Research Australia.



HOW to create study notes



STEP 1: EQUIPMENT

So, we have all been there... midnight, pouring over notes for biology, physics, or history. We should have gone to sleep hours ago but the exam is in a few hours... so, got to try to cram in those last few facts...

- Pack of 5 highlighters (different colours)
- Black and Red pen
- Notepad or computer if you prefer

Now what would you say if I told you that the hours of time you just spent “cramming” was completely wasted? Well, unfortunately if this has ever been you, then yes, sorry, time wasted! The latest brain research reveals that last minute study is not only useless for remembering things but also harmful to your overall health and wellbeing!

We all know that you would much rather hang out with your friends, watch a movie, play xbox or even clean your room, but study is important to success and a necessary part of education. Just reading over chapters from a text book or looking at a set of handwritten notes in black pen is next to useless and not going to set you up with good long-term study habits. The key to any successful study is to be told HOW to study. Rather than just WHAT to study.

You might think this is silly but research shows that our brains are hard-wired to remember colours so highlighters are an excellent and easy way to help with recalling facts and details.

STEP 2: KISS

Keep It Simple... well you know what I mean. This principle should be applied to ALL your study notes. Brain research says burying yourself in notes is NOT going to help you! Keep all your own notes to the minimum, your brain still has to do the work, your notes are just to help trigger your memory, if you do too many details your brain won't be stimulated to remember anything since its all on the page already.

STEP 3: ORGANISING YOUR NOTES

The key to effective notetaking is to organize your notes into key categories. This may include:

- a glossary of terms
- Essential content
- Key details
- Process instructions (usually science experiments or math equations)
- Key analytical details
- Key quotes to remember

If you use different colours for each section your brain will remember important things more easily.

STEP 4: REMEMBER THE ESSENTIALS

In order for you to remember the really important things choose your favourite colour. Research suggests that if you use a positive association like your favourite colour you will be more likely to stimulate your memory. But, remember don't overdo it. Keep to the point.

STEP 5: STIMULATING MEMORY

To stimulate memory use a range of strategies not just 1!

1. Colour is great but this needs to be used carefully and with care. If everything is in colour your brain has no relief and it will find it difficult to focus. So use colour where and when it counts, not for everything!

2. Images, symbols and photographs: These are great to use to help trigger memory. A picture paints a thousand words after all! 1 image can tell a whole story so use this as an easy way to stimulate memory. An image of an experiment can help to trigger the memory of doing the experiment and you will find it easier to recall the facts surrounding this experiment. A photograph of world war II life in the trenches will help to stimulate the memory of the events surrounding the war. Much better than reading chapters of notes!

3. Acronyms, rhymes, tongue twisters: These are great to help remember lists, scientific details, dates for important events etc. eg: In 1492 Columbus sailed the ocean blue. Rhythm and rhyme are great memory triggers for a range of content knowledge and dates.

4. Graphic Organiser's: These are great to help those people who are more visual learners. Mind Maps and spiral graphs are great for the creative minds but for those of you who are logical thinkers you may prefer flow charts and tables.

USING THE SENSES TO ENHANCE MEMORY

Research conducted on brain damaged and dementia patients revealed that we often link our sense of smell and taste to help with memory.

The research revealed that when people such as brain damaged and dementia sufferers were given strong smells and tastes it helped to trigger memories. For example, when they gave patients fish and chips and sprayed sea salt in the air and then showed them a series of images from a range of areas. The patients were able to recall 50% more than when showed images without the extra sensory input!

We can use this knowledge of how our brain works to help us study too.

Foods that help us to stay alert and trigger memory:

- Chilli or spicy food:
- Salty Foods (not high fat)
- Orange and cinnamon
- Lemon or citrus
- Ginger

These stimulate our taste receptors and our neural activity increases. We also become more active physically, our heart rate increases, along with stimulating our metabolism.

