



Episode 6

Ways to recall
information.



1: Revision Playback

The great thing about this technique is it is relaxed. All the demanding work is done in the early stages.

1. Summarise and organise your notes into key information.
2. Record yourself reading your notes (You could have music playing in the background to help you remember the info)
3. Play back your recording, listening carefully to the information. You may choose to make more notes or just concentrate with your eyes closed. Some people find that relaxing music can prepare their brain for learning
4. Listen to the recording regularly.



2: Memory in Motion

This is all about linking new information to familiar places. This means learning can be reviewed as you get another drink or just stretch your legs

1. Write keywords and important (brief) pieces of information on coloured sticky notelets.
2. Stick them on objects around your bedroom (eg on the desk, the bed, pictures etc) making a trail around the room.
3. Walk the trail, stopping at each notelet and reading what is written (aloud if you like). After reading it, look at the object and make a mental note of the two together.
4. Move on to the next notelet and repeat the process

