A good memory is an asset to pupils as well as in adult life and is much desired by all people. Unluckily, there is too much misunderstanding about memory and how it can be developed. Teachers can do much by explaining the facts about memory to the pupil while he is at school.

ON MEMORY TRAINING

Teachers may ask some of the children their ages. Two pupils at the same desk are asked their ages. The teacher then asks one of these pupils occupying a desk far away, whose age is asked third or fourth. If a pupil is unable to tell, she may ask him to mention the age of his mother. He will probably know this correctly. Teacher then gets the children to draw the conclusion that he remembers the age of his mother and the ages of his relative because he is interested in them. We easily remember the things in which we are especially interested. Teachers them discusses other factors that aid in remembering things.

1. Constant repetition
2. Unusual presentation
3. Rare events or items
4. Told by somebody we esteem or sometimes by somebody we hate.
5. Occurrences that caused us great joy, pain etc.

6. Stimulate your brains neural circuits to grow by using your memory to the utmost.

7. Filter Data. Determine what is most important and concentrate on remembering them. Do not try to memorize everything.

8. Take vitamins that are essential for the proper functioning of memory like vitamins B1, B9, and B12.

9. Drink enough water. Research has shown that dehydration affects memory, causing confusion and thought difficulties.

10. Get enough sleep. Lack of sleep directly affects the brain, impairing concentration and storing of information.

11. Do not smoke. Smoking robs the brain of oxygen, thus affecting memory.

Below are some tips on how to improve our memory.

References:

https://www.readingrockets.org/article/10-strategies-enhance-students-memory

Teodoro, Henry S. Super Teacher, Excellent in Teaching: High Learning Activities, Styles and Strategies; Center for Learning and Teaching Styles. Phils Inc, 2008