

Memory development

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Introduction

Most modern people, including students, experience lack of time in the process of work or study. Many prestigious positions imply hard work, part of which is aimed at remembering names, dates, rules, various terms, etc. The relevance of the topic is the practical application of the proposed methods of improving memory at any stage of learning.

Aim of the study

To describe the main methods of improving memory and test them in practice.

Materials and methods

The material of the work includes memory-improving techniques chosen by the author, and also the results of the research conducted. The main research methods include analysis, questionnaire and descriptive methods.

Results

The research consisted of 2 parts. The first part included a survey, in which 100 students answered 3 questions:

1. Do you know any memory processes? (Specify them)

Yes (correct) – 9%; No – 87%; Other (wrong) – 4%;

2. Do you believe that we only use about 15% of our brain and the remaining part is useless? (Yes/No)

Yes – 22%; No – 78%;

3. What helps you to improve your knowledge of English? (English lessons, videos, games, extra English classes and etc.)

English lessons, videos – 55%; Games, extra English classes – 32%; Music, reading and etc. – 13%;

In the second part of the research one of the methods of improving memorization of the material was involved. 88 students had to memorize 10 items and then write them down. Most of the responders memorized 5 items (24%) and 4 items (22%). Then one of the ways of their effective memorization was demonstrated, and the students again tested their memory. The results were distributed as follows: 9 items (30%), 10 items (25%), 5 items (6%). Thus, the study shows that these methods really help to memorize the material and bring additional diversity into the learning process.

Conclusion

The use of the proposed methods of improving memory allows not only to increase interest in the subject, but also to improve the efficiency of studying, due to saving of the most important human resource, which is time. These methods can be used in the process of teaching and self-education among all groups of the population.