

IMPROVE YOUR MEMORY

Nishant Kasibhatla holds a Guinness World record for memorising over 2000 digits, yet as a child, he could not even remember 5 digits telephone numbers, so how does he do it? The good news is that memory can be trained to perform better as long as you follow the right process, as explained below:

1. **Believe:** truly believe that you can learn and improve your memory.
2. **Pay 100% attention:** TURN OFF all notifications for the time that you are learning so that you can register the information. Make sure you are SINGLE TASKING. Multitasking does not exist, it is in fact task switching and moves the focus from one thing to another constantly.
3. **Set a time limit:** set a timer for 30 to 50 minutes and devote your time to just the learning.
4. **Visualise:** create image of the concept or ideas you want to learn either by putting yourself in the situation, or visualising the scene or concept as it is much easier to remember images.
5. **Connect:** connect the new learning with something you've already learnt, LINK it, ASSOCIATE it or COMPARE it to something you know.
6. **Recall:** straight after each section or chapter, pause and ask yourself what were the 3 to 5 key ideas in the chapter and rephrase them in your own words. This may sound painful or annoying but it will save you a lot of time remembering later.
7. **Practice** - test yourself, close your eyes and check what you have learnt or tell someone else/teach what you can remember. Repeat this several times.
8. **Use it or lose it:** use what you have learnt, otherwise it will be shallow learning. This can take the form of exercises or mock tests and ideally real-world applications.

Finally, be careful with input addiction i.e. getting more information, watching more videos... rather than doing the above steps for remembering and using your recently acquired knowledge.