MEMORY

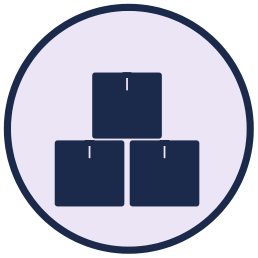
Four ways to remember

Your brain remembers best when you use it in different ways.



Repeat it

Say it, write it, say it again.



Chunk it

Split a long list into small groups, like a phone number.



Picture it

Link a fact to an image or a silly story.



Come back to it

Look again tomorrow, then next week.

Mix them up to find what works for you.

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