

MEMORY RETENTION



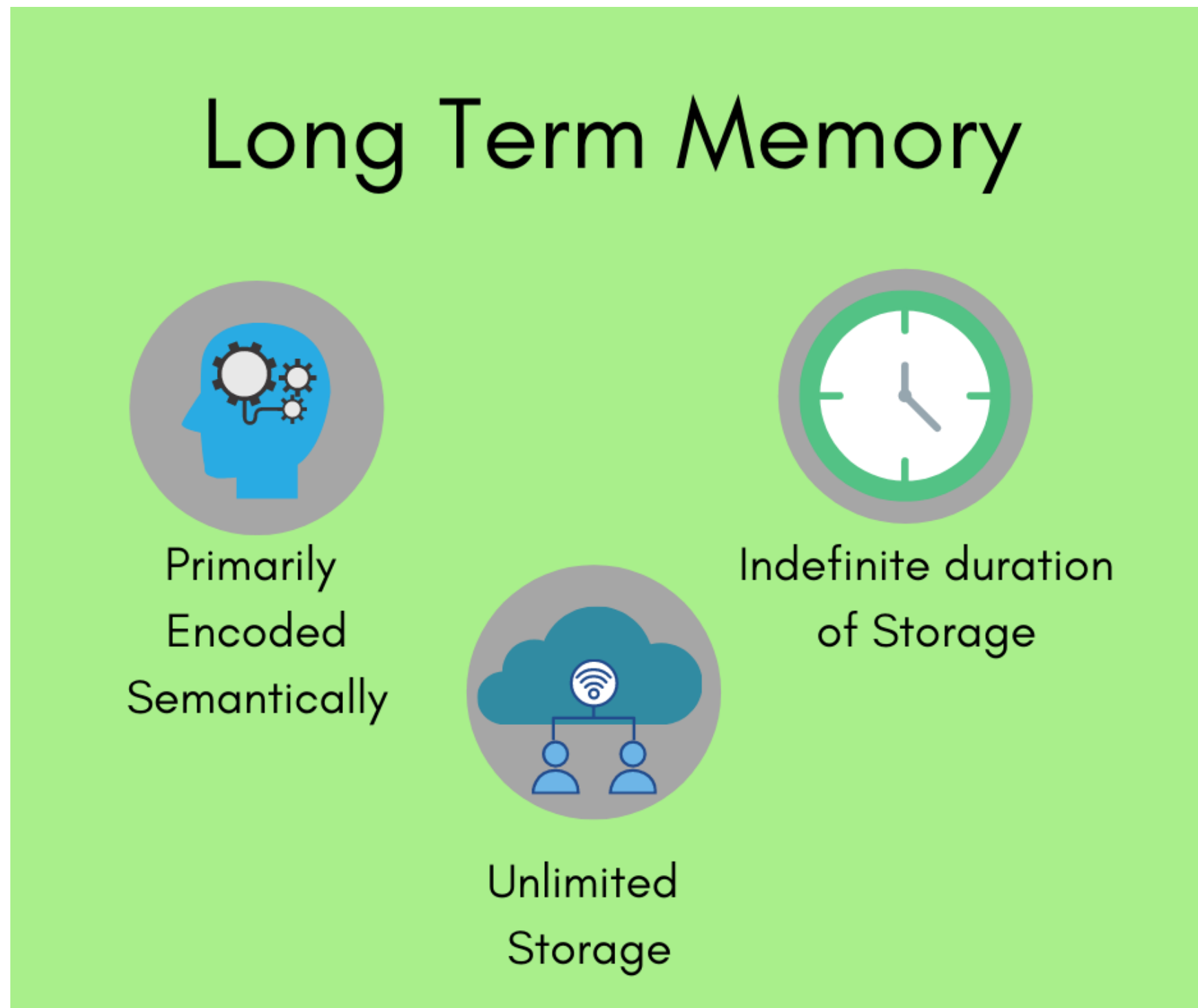
What is memory?

Memory is the power of the brain to recall past experiences or information. In this process of our mind, information is encoded, stored, and retrieved.

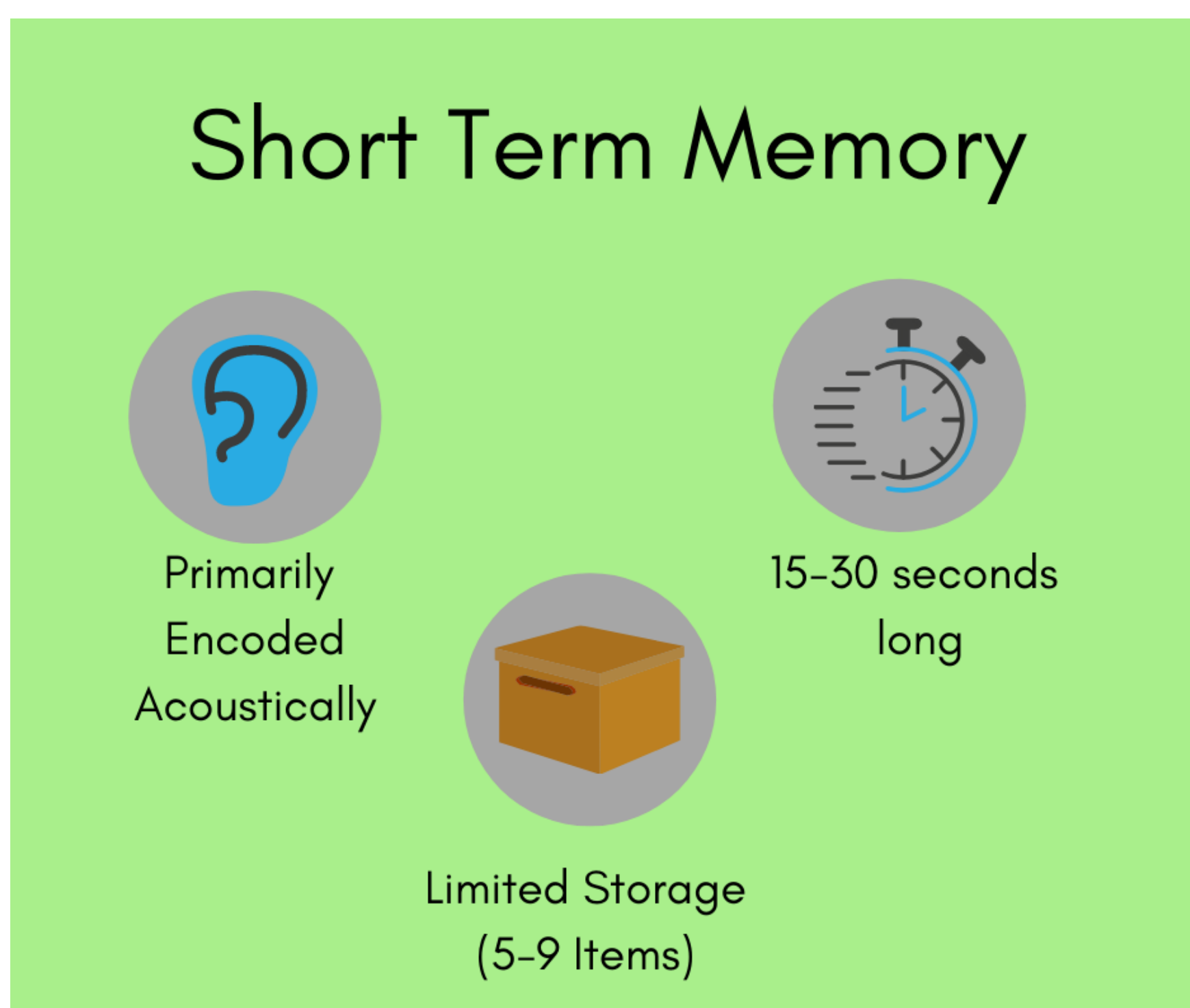
How many kinds of memory are there?

There are two main types of memory; Short term & long term.

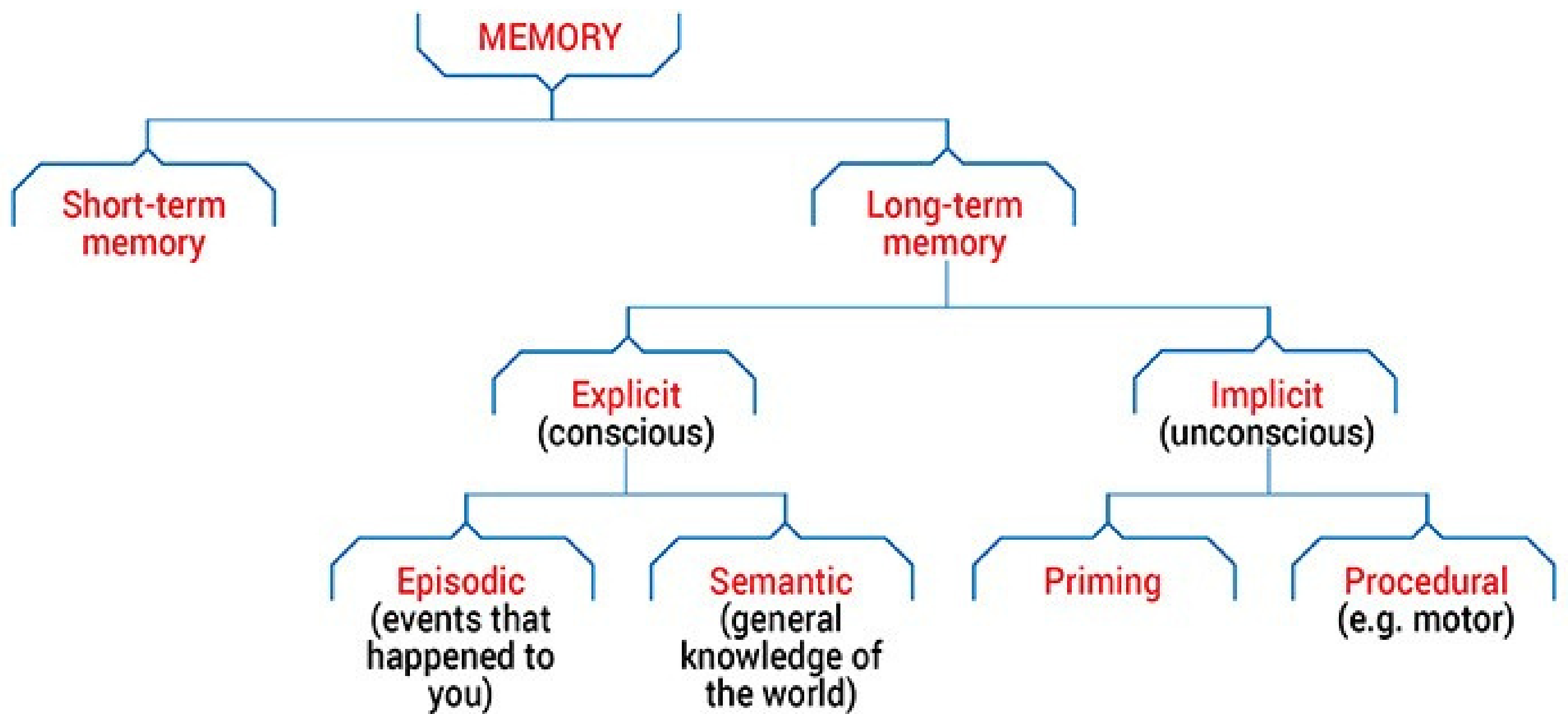
Long term memory



Short term memory



There are many different types of memory under both short term & long term memory.



Methods to improve your memory:

- Sleep
- Drink coffee
- Minimize distractions
- Chew gum
- Exercise

- Read out loud
- Create a memory palace

Interesting tips & tricks

- Your brain does better work when you're tired.
- Stress can shrink the size of your brain.
- It is impossible for our brains to multitask.