

Acronyms to Improve Memory for Studying

Acronyms are the most commonly used memory technique and are great for remembering short lists or sequences.

You have probably learned 'PEMDAS' in school – a sequence for solving equations. It stands for Parenthesis, Exponents, Multiplication, Division, Addition and Subtraction.

Another common acronym to help you remember a geographical list of names is HOMES, which is used to remember the Great Lakes – Huron, Ontario, Michigan, Erie, and Superior.

Here's a simple tip to create your own acronyms for remembering things better.

According to the [Cambridge dictionary](#), acronyms are constructed with the first letter of each constituent word and they actually *sound* like words. That's what makes them easy to remember.

Spaced Repetition for Memory Improvement

Here's a well-known fact about memory – the more you reinforce something, the easier it becomes for your brain to recall it.

However, to improve memory for studying, *when* you reinforce something is far more important than *how often* you reinforce it. [Sisti, Glass and Shors](#) called this phenomenon the 'spacing effect.'

In the spaced repetition method, you practice remembering at the *right time*. The simplest way to apply this memory method is to use flashcards when you study.

While going through your flashcards, divide them into **three bundles**. If you remember something clearly, those cards go into the 'Easy' pile. You don't have to study those flashcards again for a week or two.

If you moderately remember something, keep it in the 'Medium' pile and revisit it after a few hours or a day. And if you cannot remember something at all, place it in 'Hard' and study it again within the next 10 minutes.

Improve Your Focus to Improve your Memory

How often do you get interrupted when you study?

Texts, app notifications, YouTube, Netflix or just a noisy room – students face dozens of distractions and interruptions every single hour.

These factors make it close to impossible for you to reach a high level of concentration – which is terrible news if you are trying to improve memory for studying.

[Researchers from MIT](#) have found that it's easier to form a long-term memory when your mind pays close attention to a task. You will have to minimize distractions from devices or people around you if you wish to remember things better.

Here are a few ways:

1. Mute *all* notifications when you study. If you have an iPhone, just activating the 'Do not disturb' mode will do the trick.
2. Try to isolate yourself from people you know while studying. Go to a library or a café where you won't be disturbed.
3. Practice meditation for just a few minutes a day. Research (Maclean et al. 2010) has indicated that just basic meditation helps us focus far better. You can learn to meditate in only a few minutes [from this article](#).
4. Use app blockers like Freedom.to to block YouTube and other distracting sites while studying.
5. Work on one topic at a time and avoid multitasking and switching tasks.

Source: <https://www.magneticmemorymethod.com/improve-memory-for-studying/>