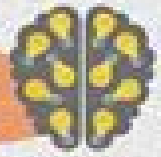
How To Improve Your Memory?

tips to enhance memory for students

Make notes while reading and learning



Use acronyms or mnemonics

Over-learn newly obtained information

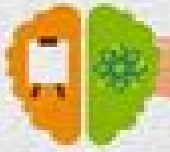
Exercise and consume healthy food

Avoid stressing yourelf

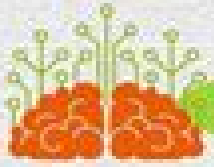
Improve your focus

Get enough sleep

Review materials before bed



Study through visual and verbal formats



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