

9 Scientific Tips to Remember What You Have Studied

Remembering accurately and completely whatever important one has studied is an important conundrum faced by almost everyone. It is understood that one cannot clear the UPSC Civil Service Exam by just memorizing but also depends on the analytical skills of the candidates. So it is also important to remember and recollect the analysis of all the topics that the prospective candidates would have done. The ones who are able to find a solution to the problem of boosting memory power will invariably be at a drivers seat in the path to success. Research has been carried out across institutions of global repute across the world. Some of the important results of research on finding techniques to boost memory has been mentioned below.

Meditation

As per research report submitted in the September 2019 issue of Brain Sciences, it was concluded that accuracy levels would increase with 20 minutes of meditation. The main problem with remembering is ability to recollect accurately. This problem of accuracy can be handled through meditation. However, in India from time immemorial, meditation has always been suggested as an important component of solution for many problems.

Brain Games

Playing some games like Chess helps in boosting memory and analytical thinking. Even activities like painting or listening to music helps in attaining the objective. It is impossible to study 24 hours, for such examinations, giving adequate time to recharge the brain is extremely important. The above activities mentioned can help a candidate in reducing stress and increase memory power.

Eating Fruits and Vegetables

Research has shown that consuming fresh fruits and vegetables helps in improving brain power. Doing so lowers the risk of memory loss as per research report published in Neurology. Scientists speculate that antioxidants and others present in the fruits and vegetables helps in reducing the memory loss. Hence, it is better if candidates can avoid junk food and have more intake of fruits and vegetables.

Exercise

Researchers have found that exercising has a great impact on improving memory power. Hence always try to spare some time of the busy schedule for exercise activities.

Sleep - Adequate number of Hours

We understand that there is too much of syllabus one has to cover. One can cover topics faster if one takes adequate rest. Hence research has always shown that adequate sleep is a major factor in improving the productivity of a person's brain. Hence always focus on getting adequate sleep.

Substance Abuse - Stay Away

Avoid consuming alcohol, cigarettes etc. All these substances invariably impact a person's physical and mental health. Hence always stay from such harmful practices. An important variable that contributes to the success in UPSC exams is not just studying regularly and having the determination to do so, but also maintaining a healthy lifestyle. Without a healthy lifestyle a person can never put in sustained efforts or increase the brain's power of absorption and retention.

Devise Mnemonics

This is a very effective way in recalling many things. An example would be HOMES - a mnemonic to recollect great lakes of North America.

H - Huron, O- Ontario, M - Michigan, E- Erie, S- Superior

Revision

Revision is always a key to improve the retention ability of the brain. As we keep revising more and more, naturally the ability to recollect the information accurately is greater.

Drink Caffeinated Coffee and Tea

Research from prestigious institutions have shown that it improves cognitive and memory power of the brain. Even green and black tea has shown to help in boosting memory.