

MEMORY FETCH

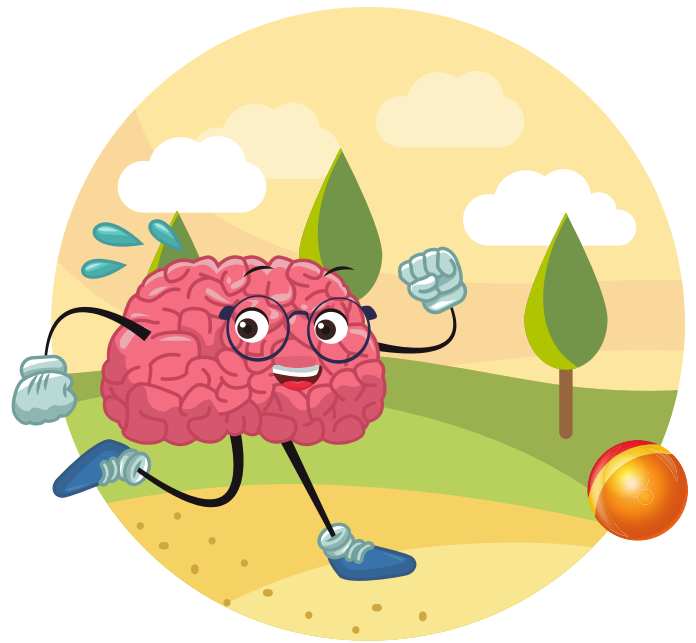
When it comes to making sure the information you learn sticks in your brain, this activity has been proven to be extremely powerful.

Instead of re-reading or highlighting the information you are trying to learn, practice the following memory retrieval exercise anytime you want to learn something quickly and thoroughly.

If you can get used to including this one method into your daily learning, you will see an enormous improvement in how much you understand and remember.

STEPS TO FOLLOW:

1. Use your focus mode to concentrate on what you are learning as you read the information and take it in.
2. Every time you have read through a particular section or learnt about a particular topic, stop, put down what you are reading and ask your brain to go fetch! Write down everything that you can remember about what you just read. If you don't remember much, that's fine, just go back and read the information again. Then play Memory Fetch again and see if you can remember more.



BEWARE OF THE ILLUSION OF COMPETENCE

Rereading the same thing over and over again can give you the false idea that you understand it. This illusion is something that tricks us all from time to time, including many adults.

However, it can be avoided by using the Memory Fetch method. By recalling what you know in your own words your brain is forced to make sense of what you are learning and forms chunks of information that it understands on a deep level.

