

# Finding ways to help you memorise



**For** each new bit of information, think of a way you can remember it, for example:

- Can you make a picture of it in your mind?
- Does it remind you of something in particular?

**The more you try to remember, the more you will learn.**

**When** you hear a good idea or see something that is new, decide what bits you need to remember.

- Does it link with something else you know?
- Can you say it over several times to yourself?
- Can you make a summary of it?