Mindluster Platform

About the course Memory Improvement Techniques

Memory Improvement course, in this course we will explore strategies and techniques aimed at enhancing memory function. Through understanding the cognitive processes involved in encoding, storing, and retrieving information, students will learn practical methods for improving memory retention and recall. Topics include mnemonic devices, visualization techniques, spaced repetition, and mindfulness practices. By incorporating evidence-based approaches and engaging in hands-on exercises, participants will develop skills to optimize memory performance in various contexts, from academic study to everyday life.

Humanities Category's Courses

Course Lesson(13)

Lesson 1 : **Introduction to Memory Intro Psych Tutorial 70**

Lesson 2 : **Sensory Memory Intro Psych Tutorial 71**

Lesson 3 : **Short Term Memory and Working Memory Intro Psych Tutorial 72**

Lesson 4 : **Long Term Memory Intro Psych Tutorial 73**

Lesson 5 : **Memory Failures Transience Absentmindedness Blocking Intro Psych Tutorial 74**

Lesson 6 : **Memory Failures 2 Misattribution Suggestibility Bias Persistence Intro Psych Tutorial 75**

Lesson 7 : **Emotion Memory Intro Psych Tutorial 76**

Lesson 8 : **Biology of Memory The Hippocampus Intro Psych Tutorial 77**

Lesson 9 : **Long Term Potentiation LTP Intro Psych Tutorial 78**

Lesson 10 : **Memory Improvement Techniques Intro Psych Tutorial 79**

Lesson 11 : **Memory Improvement Techniques 2 Intro Psych Tutorial 80**

Lesson 12 : **Mnemonic Strategies Intro Psych Tutorial 81**

Lesson 13 : **Psychology Review Questions Memory**

Related courses

Civics Basics

OverSimplified History

Political Science

Critical Thinking Skills

Placement Success Stories

Individual Dynamics in Organization



for Business Contact
business@mindluster.com