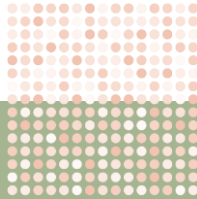




GLION SELF-HELP SERIES

Learning Support



Memory & concentration techniques



Studying effectively isn't about working longer — it's about working smarter. Strengthening your memory and concentration helps you retain information, understand complex ideas, and perform better in exams or presentations.



Why memory and concentration matter?

Improve recall: Makes it easier to remember what you study

Boost focus: Keeps your attention on the task instead of distractions

Reduce stress: Studying feels easier when your brain is organized

Increase confidence: You remember what you've learned when it counts



Step-by-step: how to improve memory and concentration

1 Prepare your environment

- Find a quiet, comfortable place with good lighting
- Keep only what you need on your desk — remove distractions
- Silence notifications or use “Focus Mode” on your device
- Study at your peak concentration time (morning for some, evening for others)

2 Use active learning strategies

Passive reading doesn't stick — active learning does.

- **Teach it:** Explain the topic aloud as if teaching someone else
- **Question it:** Turn key facts into questions and quiz yourself
- **Apply it:** Link new knowledge to real-life examples or previous lessons
- **Visualize it:** Use diagrams, mind maps, or flashcards





3 Try proven memory techniques

Different methods work for different situations — try a few and find your fit:

Technique	How it works	Example
Chunking	Break large amounts of information into smaller groups	Remember phone numbers as 079 – 456 –1234
The method of Loci (aka: the memory palace)	Associate ideas with familiar locations	Imagine each concept placed in rooms of your home [more details here: https://www.nationalgeographic.com/health/article/memory-palace-technique]
Mnemonics & acronyms	Create phrases or acronyms to remember sequences	<i>HOMES</i> for Great Lakes: Huron, Ontario, Michigan, Erie, Superior
Spaced repetition	Review information at increasing intervals	Revisit notes after 1 day, 3 days, 1 week, 1 month
Association & visualization	Link new information to vivid mental images	Picture a hotel lobby when recalling “hospitality” concepts



4 Improve concentration

- **Pomodoro Technique:** Study for 25 minutes, then take a 5-minute break. *Try using the Pomodoro timer available here:* <https://pomofocus.io/>
- **Single-tasking:** Focus on one topic at a time — multitasking lowers efficiency
- **Try using focus apps:** [Forest](#), [Focus To-Do](#), or [Opal](#) (free versions available)
- **Hydrate and move:** Short walks or stretches refresh your brain
- **Plan rest:** Sleep consolidates memory — aim for 7–8 hours per night

5 Train your brain over time

- **Practice daily** — short, regular sessions work better than cramming
- Try puzzles, reading, or creative activities to keep your brain active
- Review notes weekly to strengthen long-term memory
- **Stay positive** — focus improves when you reduce anxiety or negative self-talk



Tips & Tricks

Alternate subjects: Studying different topics boosts focus (called interleaving)

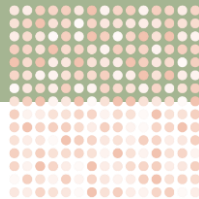
Use all senses: Read aloud, draw, or record audio summaries

Reward progress: Take breaks after completing tasks

Exercise regularly: Even 20 minutes of walking can sharpen concentration

Eat brain-friendly foods: Omega-3s (fish, nuts), fruit, water, and minimal caffeine





Contact us

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