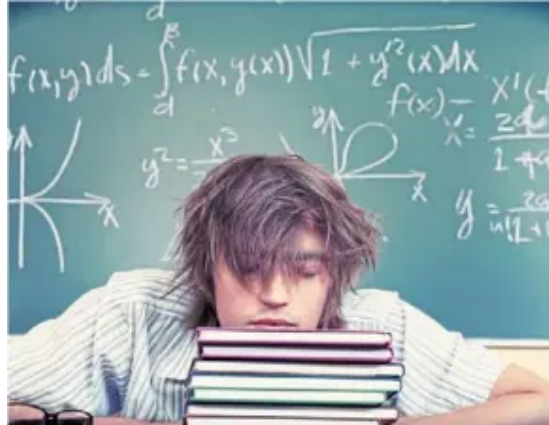


- Writing / Memory

# The write way to remember

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GOT a mind like a sieve? Here are some ideas to help you plug those holes.



## Stop multi-tasking

It's been a popular idea that we can do several things at once, but studies show we can't. At least, we can't do anything particularly well unless our mind is focused on it.

For example, you might think you can wash a car automatically as you work out a good approach to your essay but what happens is that your mind is occupied by the academic issue.

If some evil person would happen to put paint in the bucket, chances are you'd not notice until your paintwork was ruined. So, rule No.1 is to focus. When you're listening to a lecture, switch off your phone. Don't try and read a book. Just open your ears and listen.

## Get some sleep

When you're tired, your body doesn't work well and that includes your brain. This means getting in at least seven hours of sleep a night.

If you have insomnia, knock off the soft drinks, coffees, green teas and teh tarik.

Exercise at the end of the day, have a warm shower and make sure you have a comfortable bed. If you've noisy neighbours, foam ear plugs are cheap and easy to source.

## Write, don't type or save an image

When you read notes, you're working just a small part of your brain. When you write them down, you're using your body – something that helps stimulate your mind and your memory.

So, instead of passive reading or copying cute-looking infographics from the Net, start writing your own notes. Honestly, you'll be amazed at how effective a memory boost it is. If you can, read over your own notes while you work out to boost retention. Don't be afraid to talk out loud.