Improving Your Memory

Overview/Description
Our ability to remember things is one of the most useful tools we have in our work and home lives, but the amount of things we are trying to remember at once can sometimes be overwhelming. What do you do if you have a bad memory? The truth is, most people don’t have bad memories, they just haven’t learned how to use their memory efficiently. Memory is a skill, and like any skill, with practice it can be developed and improved. This workshop offers participants tips and tools for improving their memory skills.

Target Audience
Anyone looking for ways to improve their memory

Expected Duration
45-60 minutes

Workshop Objectives
At the end of this workshop, you will be able to:

- Describe how memory works
- Describe the science behind the concept of memory
- Describe the properties of a good memory
- Identify techniques that can aid your memory
  - Describe how to use association to assist with memory
  - Describe how to use visualization to assist with memory
  - Describe how to use mnemonic devices to assist with memory
- Practice memory techniques
  - Identify ways you can continue to work on improving your memory