



# Effective Learning: A Practical Guide to Improving Memory

*Chris Dawson*

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## **Effective Learning: A Practical Guide to Improving Memory** Chris Dawson

This guide's main audience will be students in educational settings, including school, further education and university, together with their teachers and lecturers. However, several sections will also be useful to anyone who has some difficulty in remembering everyday things, such as names, telephone numbers and shopping lists. The guide provides an overview of memory, how it works, and how it can be made to work better. It describes effective approaches for learning new skills, and outlines strategies for remembering unconnected information, such as lists, vocabulary and numbers. A major focus, though, is on strategies which can help with the memory of highly connected information such as storylines, historical plots, scientific concepts, political relationships, and so on. Accompanying the descriptions of strategies are examples and, at times, some practice material.

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