



TCS/GEN/176/2022-23

Date: 15/02/2023

CIRCULAR

VALUE OF THE MONTH: FORGIVENESS- مغفرة

SUBJECT: 9 WAYS TO IMPROVE MEMORY

Dear Parent,
Greetings from The Central School Dubai!

#WAKEUPWEDNESDAY

Memory improvement is the act of enhancing and strengthening one's ability to remember and recall information. The exercises given in the enclosed poster can help you to sharpen your memory if you practice them.

Regards,

Syed Ali Haider Rizvi
PRINCIPAL

ewjay

9 WAYS TO IMPROVE MEMORY



Write things down



Read more



Acronyms



Make a story out of the details



Practice, practice, practice



Explain it to someone else



Chunking



Test yourself



Say things out loud