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Autore	Hancock Jonathan <1972->
Titolo	How to improve your memory for study // Jonathan Hancock
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Edizione	[1st ed.]
Descrizione fisica	1 online resource (xvii, 194 p.)
Collana	Smarter study skills
Disciplina	153.14
Soggetti	Memory Study skills
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Formerly CIP.
Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	Foreword Preface Acknowledgements How to use this book Your study brain 1 What is memory? 2 How memories are made 3 Switch on your memory 4 The right frame of mind Where study starts 5 Warming up 6 Strategies for success Learn to remember 7 Making memories 8 Telling stories 9 Memory journeys Take it all in 10 Re-learning to read 11 Listen and learn Right shape, right space 12 Getting physical 13 Memory zones Total recall 14 Student survival 15 Memory for exams Further reading
Sommario/riassunto	This book will show you how to use memory to revolutionise the way you study. It combines the latest research about how the memory works with practical strategies for putting it to use in every aspect of study.