



## Train your Memory

There are different types of social, economical and political involvement called an occupation. To start on what we are destined to do we go through several stages of development. Kindergarten, elementary, middle and high-school serve as preparation to short but important path of mastering an occupation, a profession, or just a job. College is a final and most important step on the way to success and the completion of this important path of life should be done with efficiency and diligence.

During school years you were good at memorizing things, learning quickly and effectively using imagination. After a couple of years of hard work your mind might suddenly go blank; not literally, of course, but the capacity lowers in a rapid tempo that makes you look into the future with frustration. You can not reverse time and be as intellectually active as a teenager but by applying proper training you might gain your usual abilities and be on top of things. A **five paragraph essay** will no longer be a problem and **description essay** may appear really well written. If **writing a five paragraph essay** turns into a hard task, there is a method to make the task easier. Here are some useful hints on how to train your memory.

First of all you have to determine what kind of memory appeals to you more then the other. Among visual and sound memory you have to choose the one that is more effective for you. The important thing is that you have to train both types to be capable of staying active for a long time. Start from information that is interesting to you. Listen to the news or watch them and try to write down what you've memorized. Reproduction of the received information increases the rate of memorized facts. A proper **description and narrative essay** can be very helpful, for writing and analyzing helps to memorize. Indeed, one can find pleasure in **description essay writing** and presenting it by posting somewhere on the web for others to assess. A smallest event of your life can become a **five paragraph essay topic** and another chance to train your memory. Various tests will also be helpful. You can involve a relative or a friend to make the process fun.

Psychologists consider associative memory to be the key to successful memorizing processes. Association building exercises can be found in any book or guide created by professionals. Imagination can also be improved by associative methods. This can be done without any guide. What you have to do is just turn on some music and listen to it quietly with a person and afterwards discuss what you associate the music with. Your imagination will show you various pictures of give definite thoughts. You can note your impressions down and come up with a good **five paragraph essay outline** easily. Movie can be harmful, but moderation is a good tool even among harmful habits. Impressions from the movie can be a **description essay topic**. To do written assignments properly you do not need a guide to consult about **five paragraph essay format** or order a **description essay online** to have a sample. You need to train your memory and for this exercise there is no standard. Viewing the film try to guess the ending or the further development of action expression possible variant. Studying various texts will also



be helpful in memory improvement. Analysis is an important point. Try to think over every single bite of information that gets to you. Choose important facts and basis and operate them during work. Learning by heart is also a good training. If you enjoy poetry, you can learn one or two of them: it will make your memory better and give pleasure to friends that will enjoy your quotation. Memory is the most important tool of a human being and one has to cherish and take care of it properly.