

Essential Memory Improving Techniques in Teaching and Learning Process

Nazarova Navbahor Ahrorovna

Bukhara State University, a teacher of the English linguistics department

Mukhitdinova Marjona

a student of Foreign languages faculty

Annotation: Memory is an important aspect of human being that it shows who the person is, yet it deteriorates as he gets older. Many older persons' decline is so severe that they can no longer live independently, which is one of the most common anxieties of adult experience as they grow older. The good news is that scientists are learning more and more about our brain's incredible ability to alter and establish new synaptic connections every day, even as we become older. Neuroplasticity is the term for this notion which performs the same function. Scientists have revealed that our memory capacity is not permanent, but rather changeable like plastic, thanks to neuroplasticity research. You must exercise your brain and take care of yourself to benefit from neuroplasticity fully.

Keywords: improve memory, memory test, episodic memories, autobiographical memory, memory consolidation, meditation, concentration-enhancing approaches, physical activity, the funnel approach, vivid association, importance of the review.

Wouldn't it be great if pills were taken daily, really did it improve memory?

Unfortunately, it is not easy for individuals to answer this question. Despite abundant marketing, there is little evidence that supplements improve memory, no matter how expensive or exotic they are. It's tempting to believe that a \$ 50 bottle of something will strengthen the neural connections that underlie memories - and that would be fantastic if that were true - but science is inconclusive.

There is wealth of solid scientific evidence supporting a short list of approaches we can try to improve our memory - some with short-term benefits, others for long-term play.

Exercise, even if it is light and short

Recent research confirms that the exercise improves memory, so it is crucial for us to talk about that first. A new brain imaging study has shown that just a few minutes of light exercise can lead to an immediate improvement in memory. The participants completed ten minutes of light exercise before the researchers used an FMRI machine to measure changes in their brain activity, and also underwent a memory test.

FMRI results showed improved communication between two areas of the brain involved in the formation of new episodic memories (sometimes called autobiographical memory because they focus on who, what, where, and when information), the dentate gyrus and the hippocampus. Memory test results correlated with brain imaging results [17, 87].

“We noticed that these ten-minute periods of exercise yielded immediate results,”¹ said study co-lead Michael Yassa.

This was a small study, and more studies will follow to replicate it, but what it found is in good agreement with previous studies showing that from a few minutes to an hour of exercise, the connection between brain regions associated with better memory improves. And since the exercise is light, such as a treadmill or walking, most people can try.

Get enough sleep and try to work in your sleep.

The connection between sleep and memory is based on more research than anything else in this article, and for purely scientific reasons, memory consolidation occurs when we sleep. Thus, it goes without saying that the quality of our sleep will correlate with the strength of our memories. If you find it difficult to fall asleep and wake up several times during the night, it is likely that you will also notice memory impairment. Conversely, if you get solid eight hour sleep or more per night, your ability to plant new memories and recall information is likely to be sharper [17,86].

Research has also shown that you can use sleep to improve memory by taking strategic sleep. One of the best-known studies in this area has shown that naps (just half an hour or so) increase the brain's ability to store information. The researchers asked two groups of people to memorize a set of flashcards with different images and then learn another set of flashcards after about 40 minutes. Meanwhile, one group took a quick nap, the other one did not sleep. Results: The group that took a nap retained significantly more information about the original images - 85% of the images, compared to about 60% for those who did not sleep.²

Try meditation and other techniques to improve focus

Memory and focus are located on the same nerve territory of the brain. Concentration-enhancing approaches such as meditation have solid research base for improving memory.

Meditation seems to be especially effective for improving working memory when we temporarily store information that needs to be available throughout the day. Generally speaking, this is about seven pieces of information at any given time; New information comes in and replaces existing fragments that may or may not remain in

¹COMPARING THE SHORT AND LONG-TERM EFFECTS OF ACUTE MODERATE-INTENSITY EXERCISE ON MNEMONIC SIMILARITY AND EMOTIONAL MEMORY TASKS.pdf

² <https://www.verywellmind.com/power-naps-can-improve-memory-2795351>

long-term memory. Meditation seems to improve the process of retrieving what we need from working memory, making it smoother and faster.

In order to improve memory, you need to take care of your body. Only when your body is healthy, it can create enough energy to improve memory.

So, what should you do? A balanced diet and regular exercise are the best thing for this. Besides that, there are some foods that are rich in vitamin b and omega-3 fatty acids which help with memory function. These include: fish like swordfish and sardine; green vegetables like Brussels sprouts; sunflower seeds; chocolate; [20,991].

Thus, you can attempt to incorporate a portion of these in your every day diet.

The next point is that you need to have enough sleep each day. You should always try your best to have at least 7 hours of sleep every night. It means that you should not study at night when you are sleepy. If so, your brain will not be able to absorb any information from the book and then there will be no way for the brain cells to develop new protein and function better. Besides this, having enough sleep can also release the growth hormone which promotes neuron transmission in the brain which helps memory training process as well as learning capacity improvement.³

Another important thing is just sleeping enough and exercising regularly. In order to improve memory, it is essential for you to participate in physical activity. A long walk or small run in the morning is good for your brain as it increases blood flow and oxygen supply which is necessary for the brain cells' nutrition and development[18, 42].

Exercise is also helpful for brain power to work longer. Furthermore, a variety of exercises like running, swimming, walking and playing an instrument in your daily routine for at least an hour every day should be included. All of these will help to improve your memory better and each time you enjoy this thing, your brain will be active as well. So, it implies that the more dynamic you are, the better you can remember anything.

The next necessary thing is drinking enough water and eating enough fruits and vegetables. These are two important components in blood circulation which allow blood cells to easily go through the brain cell as well as help neurons to receive nutrients that they need for their proper function. Without being able to receive enough nutrients, brain cells will not be able to work properly. So, you need to take adequate amount of vitamins and minerals from fruits and vegetables daily in order to for your brain needs at least 3000 grams of solid food every day[18, 43].

Improving memory

1. PULLING IT ALL TOGETHER.

³ "About Sleep's Role in Memory", Björn Rasch and Jan Born

- By organizing and adding meaning before training, you can simplify both storage and retrieval. In other words, you can learn it better and remember it easier.

- Creating associations

2. THE FUNNEL APPROACH.

- This implies learning general ideas prior to continuing on to explicit subtleties.

3. ORGANIZATION THROUGH MEANING AND ASSOCIATION.

- If you find it difficult to remember new material, you can recall it by thinking about what you connected it. In other words, retrace your mental path.

a) Deep processing - the attitude of the material to itself.

b) Grouping.

- You can arrange material by gathering comparative ideas or related thoughts together. The material in related gatherings assists your memory with getting sorted out data.

4. VIVID ASSOCIATION.

- When learning something new and unfamiliar, try to combine it with something you know well, such as images, puns, music, whatever. The association shouldn't make logical sense. It often happens associations that are particularly vivid, humorous, or silly remain in your head.

5. ACTIVE LEARNING.

- Although you may passively absorb some material to memorize important information requires activity and involvement, that is, attention and reflection about what you are studying.

6. VISUAL MEMORY.

- diagrams, tables, diagrams, etc. They are often presented in texts, so use images, cartoons, charts, graphs or any other visual materials. You can also draw many of these things yourself.

For example, try to imagine how ideas relate to each other and draw a graph, diagram, picture, or different presentation of the material. You might even want to get into the habit of transforming complex material into real pictures or diagrams in your notes or to transform words into mental images on the blackboard of your mind.

- compose a vocabulary of words, theories or algebraic formulas.

7. TALK IT OUT.

- When you try to remember something, it can help you actually say the information out loud. You can repeat ideas verbatim (when you need to remember them), or you

can repeat ideas yourself words (and thus make sure you understand the information correctly).

- Repeating information out loud can help you encode information (auditory coding) and determine how well you found out about it.

8. VISUALIZE YOURSELF TEACHING THE MATERIAL.

- An effective way to improve memorization and understanding of dense material is to teach it to the imaginary of the audience. In this case, you are forced to organize the material in such a way that it is understandable and anticipate possible questions your students might ask.
- Moreover, reading the lecture aloud, you will find gaps in your understanding (and memorization) material. (It is much better to identify these weak points before the test than during it.)

Importance of the review

The most important part of the notes is to repeat them after the lesson. Notes do little if they are never looked at again! On average, a student forgets up to 80 percent of the information within 24 hours after inspection. Students can greatly increase the amount of information they save by reviewing the information for the first 24 hours.

As you review, edit, and refine your notes, focus on the main ideas and key points. One way of doing this is to make usage of the Cornell system. For improving retention more, do weekly reviews such as OK. Select one evening of the week (possible on weekends) to view notes from the past week of classes for all your activities. Schedule a session for about 30 minutes [19,271].

Peer review also improves the retention of information from textbooks and can be done at almost any convenient time for you in the same way. After reading each chapter or section of the text, briefly and comprehensively review it within 24 hours or weekly.

No one wants to add another task to their to-do list, but reviewing often saves time and it is very beneficial. Ultimately, as constant review leads to less cramming before preparing for tests. So, learning for a short time or a period of time each day is more effective than hours of exercise in a day.

Used literature:

1. "Strategies to Enhance Memory Based on Brain Research", October 1999, Alison K. Banikowski and Teresa A. Mehring
2. Selkrik-College-Learning-Memory-Techniques-Workshop.pdf
3. Memoryimprovement strategies.pdf

4. Memory – American Psychological Association.pdf
5. COMPARING THE SHORT AND LONG-TERM EFFECTS OF ACUTE MODERATE-INTENSITY EXERCISE ON MNEMONIC SIMILARITY AND EMOTIONAL MEMORY TASKS.pdf
6. "About Sleep's Role in Memory", Björn Rasch and Jan Born
7. <https://www.verywellmind.com/power-naps-can-improve-memory-2795351>
8. Umurova K. et al. MAKING CRITICAL THINKING INTUITIVE IN EFL CLASSES: USING DRAMA, EXAMPLES, AND IMAGES //Проблемыидостижениясовременнойнауки. – 2018. – Т. 1. – №. 1. – С. 43-47. <https://elibrary.ru/item.asp?id=34994387>
9. Akhmedova, S. (2018). INTEGRATING SKILLS THROUGH TASK BASED TEACHING APPROACH. Теория и практика современной науки, (5), 989-991. <https://elibrary.ru/item.asp?id=35545588>
10. Naimova, A. (2020). THE MAIN PECULIARITIES OF HERBERT WELLS AND HOJIAKBAR SHAYKHOV'S FAMOUS SCIENCE FICTION WORKS. Theoretical & Applied Science, (3), 417-420. <https://elibrary.ru/item.asp?id=42658883>
11. Choshovna, F. M. (2019). Forms of integrated-skill instruction. Проблемыпедагогика, (4 (43)).<https://cyberleninka.ru/article/n/18231598>
12. Usmonova, Z. H. (2017). Stiven King romanlarining badiiy xususiyati va uning o'zbek ilmiy fantastikasiga ta'siri. Міжнародний науковий журнал Інтернаука, (1 (1)), 170-172.[http://www.irbis-nbu.gov.ua/cgi-bin/irbis_nbu/cgiirbis_64.exe?C21COM=2&I21DBN=UJRN&P21DBN=UJRN&IMAGE_FILE_DOWNLOAD=1&Image_file_name=PDF/mnj_2017_1\(1\)_48.pdf](http://www.irbis-nbu.gov.ua/cgi-bin/irbis_nbu/cgiirbis_64.exe?C21COM=2&I21DBN=UJRN&P21DBN=UJRN&IMAGE_FILE_DOWNLOAD=1&Image_file_name=PDF/mnj_2017_1(1)_48.pdf)
13. Saidova, Mukhayyo Umedilloevna (2020) "LEXICOGRAPHIC AND ETHYMOLOGICAL ANALYSIS OF THE CONCISE OXFORD DICTIONARY OF LITERARY TERMS BY Ch. BALDICK," Scientific Bulletin of Namangan State University: Vol. 2 : Iss. 9 , Article 45. Available at: <https://uzjournals.edu.uz/namdu/vol2/iss9/45>
14. Saidova, Mukhayyo Umedilloevna (2020) "LEXICOGRAPHIC AND ETHYMOLOGICAL ANALYSIS OF THE CONCISE OXFORD DICTIONARY OF LITERARY TERMS BY Ch. BALDICK," Scientific Bulletin of Namangan State University: Vol. 2 : Iss. 9 , Article 45. Available at: <https://uzjournals.edu.uz/namdu/vol2/iss9/45>

15. Kobilova, N. S. (2018). BENEFITS OF USING SONGS IN TEACHING FOREIGN LANGUAGES TO YOUNG LEARNERS. In *Инновационные подходы в современной науке* (pp. 102-107).
16. Abdullayeva, Gulnora; ,GRAMMATICAL DISPROPORTION BETWEEN UZBEK AND ENGLISH AS A MAIN PROBLEM IN SIMULTANEOUS INTERPRETATION OF THE LANGUAGES, *EPRA International Journal of Research and Development (IJRD)*, 5, 9, 409-412, 2020, EPRA Publishing <https://eprajournals.com/viewjournal.php?jid=3438>
17. Soliyeva, M. A. (2018). Teaching speaking for non-linguistic students. *Проблемы педагогики*, (2), 86-87.
18. Solieva Munavvar Ahmadovna. (2021). LINGUOPRAGMATIC FEATURES OF SPEECH ACTS. *Euro-Asia Conferences*, 41-44. Retrieved from <http://papers.euroasiaconference.com/index.php/eac/article/view/529>
19. Solieva Munavvar Ahmadovna. (2021). CHARACTERISTICS OF SPEECH AND SPEECH ACT. *JournalNX - A Multidisciplinary Peer Reviewed Journal*, 7(05), 271-275. <https://doi.org/10.17605/OSF.IO/EDQAJ>
20. Gafurova, N. N. (2020). GENERAL AND MODERN LINGUISTICAL FEATURES AND THEIR CONDITIONS IN APPLICATION. *Theoretical & Applied Science*, (4), 991-994. https://scholar.google.com/citations?view_op=view_citation&hl=ru&user=GQUmcVUAAA AJ&citation_for_view=GQUmcVUAAA AJ:u5HHmVD_uO8C
21. Gafurova, N. N. (2021). Innovations And Modern Approaches To Teaching English At School. *International Journal of Progressive Sciences and Technologies*, 26(1), 07-11 <http://www.ijpsat.es/index.php/ijpsat/article/view/2970>
22. Гафурова, Н. Н. (2015). ИМ-разговорник – самый распространенный вид коммуникации. *Молодой ученый*, (8), 898-900. <https://www.elibrary.ru/item.asp?id=23295757>