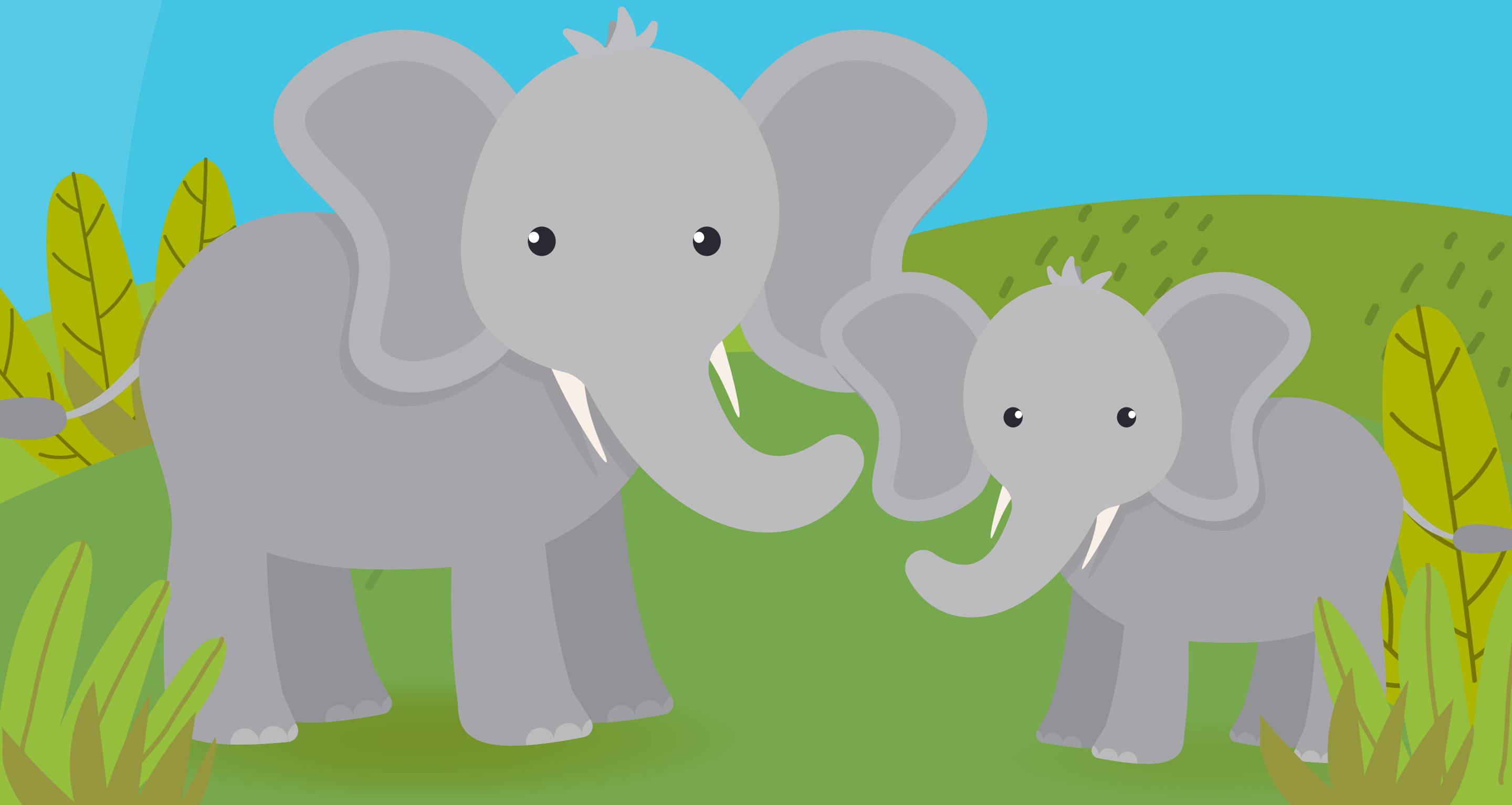


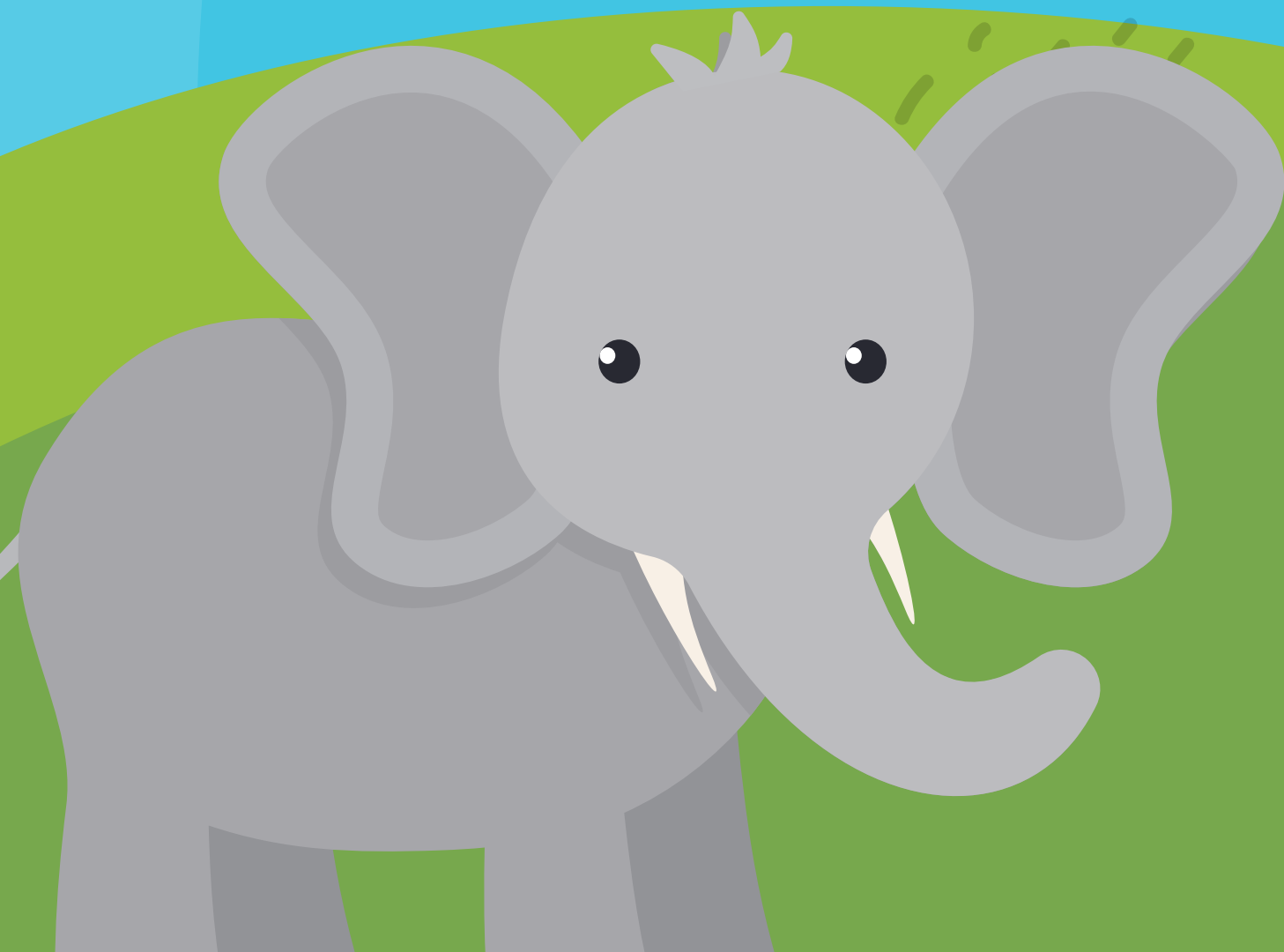
# WORLD ELEPHANT DAY

Have you ever heard the saying "An elephant never forgets"? An elephant's brain weighs approximately 5kgs, which is 3-4 times larger than a human brain! With a highly developed hippocampus, which is the part of the brain that is associated with memory, and a highly developed cerebral cortex, which is responsible for willpower and problem-solving, elephants have an incredible memory that helps them to survive.



# HERE ARE 6 WAYS YOU CAN MEMORISE LIKE AN ELEPHANT.

- 1.** Make sure you clearly understand the information you were given.
- 2.** Get some sleep. When you sleep, your brain processes information and stores it as long-term memories.
- 3.** Write down any important notes. Research shows that writing and re-writing by hand, activates the parts of the brain involved in learning and memory.



- 4. Link something you've just learned to an existing memory. This will help you retain the new information better.**
- 5. Make use of mnemonics. It is a great way to remember words or letters, e.g. Betty Eats Cake And Uses Six Eggs = because.**
- 6. Practice makes perfect and repetition is key. In order to create long-term memories, you need repeated exposure.**

