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EFFECTIVE WAYS OF IMPROVING MEMORY IN LEARNING PROCESS

D. A. Akhmedjanova
Teacher of Uzbek State Worlds Languages University

S. J. Shodmurotova
Student Uzbek State Worlds Languages University

ABSTRACT

The article is devoted to the development of the concept of creative education. Memory is the ability to remember store and restore various processes events and past events in a person's life when they are needed. Memory is the most important factor for a person to achieve his/her life, career, development, knowledge and high level. In this article you can find information about how important memory is, different ways to develop it, useful and important information for you, and various tips to help strengthen your memory.

Keywords: concept of education, improving memory, learning process, creative education, processes and pas events store and restore processes, strengthen of memory.

INTRODUCTION

Human memory is much more perfect and powerful than we think. It's just important for us that how to develop it, which ways are the best for improve memory, what exercises to use to strengthen memory. Human actions such as thinking, remembering, re-applying are perfect and complex concepts. Of course, it all has to do with the brain and its functioning. It is memory that underpins this activity. Memory plays a key role in our lives. The perception of the past as the past, the implementation of experiences in the present, their effective use is carried out with the help of memory.

METHODS AND MATERIALS

Avoiding various diseases that occur with memory, having a strong memory and working tirelessly- all these are processes that depend on you. In fact, over the years, memory changes. As a result, memory problems, memory loss, and memory-related disorders can occur. To prevent the development of these defects in memory,

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a person should first, pay attention to himself, his/her health, perform various memory exercises and follow tips that strengthen memory.

RESULTS AND DISCUSSION

The best ways and advices to strengthen memory:

Right Sleep pattern:

First and foremost, get your sleep pattern right. It is important for students. Sleep on time and wake up on time. This is very essential because sleep disorders not only, impair memory but also, cause other diseases in the human body. Rest your brain before going to bed. Do not fill yourself with redundant and unnecessary events in your imagination, memory. Remember good things and sleep in a good mood.

Proper nutrition:

Good and proper nutrition plays an important role in maintaining a healthy life, longevity, adequate supply of minerals and vitamins necessary for life, strengthening memory, brain activity. Never overeat. Always learn to eat in moderation but on time. This leads to longer life and health. The healthier and more energetic a person is, his/her memory will be the stronger.

Do useful exercises for the brain:

There are millions of nerve fibers in the brain. The brains of young people absorb information quickly and easily, absorb it into their imagination, enrich it with the elements of their imagination, and the information has the property of remembering events.

Regularly do physical exercises:

Do physical exercises along with mental exercises. Because in order for a person to be healthy, to have a strong memory, not only the brain must be healthy, but the whole body part of a person must be healthy and energetic. After waking up early in the morning and taking a shower, do at least 1 hour of exercise a day and add these exercises to your daily plans as well.

Use social media wisely:

It is known that the XXI century is the century of information technologies. And these technologies have reached every corner of the globe. Today, young people use the social network not only in the field of education, but also for advertising, entertainment sites, for various games, for communication. But overuse of the Internet, cell phones, and computers can be harmful to human health. It not only damages brain activity, visual system, nerve fibers, but also has a negative effect on memory.

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Crossword and Chess are the best helpers**:**

Do you know what the most useful exercises for memory are? Of course, they are chess and crossword puzzle solving. In your free time, before bed, when you are tired of lessons, if you have time to do something outside of class, but you do not know what to do, be sure to play chess. Among sports, the only one that helps strengthen memory is chess, but if you can't find a partner to play chess, solves a crossword puzzle.

Structure and organize your tasks:

Organize the tasks assigned to you every day. Make a schedule of when, in what sequence, and what time you will do them. Tasks performed in an orderly manner do not tire a person, do not cause confusion, and do not affect mental activity. As a result, memory problems do not occur, but rather memory increases and the percentage of recall of knowledge gained from homework increases.

Get in the habit of overcoming stress:

A person should be able to cope with stress in any situation and try not to get nervous. Every time a person gets nervous, the nerve fibers break. This leads to diseases related to the nervous system and in turn disrupts the activity of memory and has a negative effect.

Always be best mood of yourself:

Laughter is the best medicine for human life, activity, brain, nervous system, memory and survival. So always be in a good mood and try to walk positive and cheerful. It will bring happiness not only to you but also to the people around you.Over time, stress can damage part of the hippocampus of the brain. The hippocampus is the process involved in restoring old memories and forming new memories.

Master the ability to control attention:

Focus your attention. Be careful when you study a book, information, scientific rules, etc. that are previously unknown to you, and unfamiliar to you. Pay close attention to all the details of the resource you are studying. Know what kind of earner you are and keep learning accordingly. Read aloud what you are learning aloud. Try to compare and contrast new information with information you are familiar with. Practice what you are learning as if you were teaching it to others as a teacher. Only then can what you learn be stored in your memory for a lifetime.

Medical help for memory:

Try fish oil and a variety of vitamins. You are a teenager. But if you have problems with your memory that aren't age-appropriate, try using memory-enhancing

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D,C or other vitamins or fish oil capsules. Fish oil helps to improve vision as well as strengthen memory. However, be sure to take the vitamins and minerals listed above with your doctor's advice.

Scientists have proven that consuming large amounts of carbohydrates can impair memory. They conducted many experiments on this subject and came to the following conclusion: the content of carbohydrates in products such as cereals and cereals, biscuits, white rice, pasta is higher than the norm and it affects memory, cognition and other abilities.

CONCLUSION

We can conclude, all of the ways listed above are designed to strengthen memory for students and learners. You have learned what is good for memory and what is bad for it. Now fully follow the above and strengthen your memory. Because the most important factor for every learner in the learning process is memory. After all, as long as everything is in your hands, avoid processes that are harmful to you. Constantly develop your memory and follow the tips given. Achieve high goals in the learning process and always be good and clever learner!

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