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The comic books give us the space to dream and unwind, to get lost in our own thoughts, to escape reality for a while. In the era of smartphones and social media, comic books offer a unique way to immerse oneself in a world of imagination and adventure. They are a form of entertainment that has been around for decades, captivating both children and adults alike.

FOCUS YOUR ATTENTION

Attention is one of the major components of memory. In order for information to move from your short-term memory into your long-term memory, you need to actively attend to it. This means focusing your attention on the information you wish to remember. For example, if you’re trying to associate a face with a name, you need to make sure you’re focusing on both the face and the name. By doing so, you’re making it easier for your brain to encode the information.

UTILISE MEMORICIAN DEVICES

Memorician devices are a technique often used by students to activate memory. A mnemonic is a way to remember information. Mnemonics are particularly useful for remembering lists or sequences. For example, the acronym MAMA (My Aunt Marie Adored My Aunt in a Large Mug) can be used to remember the order of the planets: Mercury, Mars, Jupiter, and Saturn.

VARIES YOUR STUDY ROUTINE

Another great way to increase your recall is to vary your study routine. If you’re accustomed to studying in one specific location, try changing your location for your next study session. If you study in the morning, try switching to the evening, or vice versa. By changing your routine, you’re challenging your brain to remember the information in different ways.

ELABORATE AND REHEARSE

In order to retain information, you need to encode what you are studying into long-term memory. One way to do this is by elaborating on the information. For example, if you’re studying a historical event, you might try to think of it in terms of personal experiences or to relate it to other similar events.

REMEMBER INFORMATION FROM YOUR SHORT-TERM MEMORY

Information you need to actively attend to and remember falls into your short-term memory. Only a small amount of information is retained in short-term memory, so it’s important to use techniques like repetition and rehearsal to ensure that information is encoded into long-term memory.

RELATE NEW INFORMATION TO THINGS YOU ALREADY KNOW

When studying unfamiliar material, take the time to think about how this information relates to what you already know. By establishing relationships between new ideas and previously existing memories, you can drastically increase the likelihood of recalling the recently learned information.

5 STYLE HACKS NO ONE TOLD YOU ABOUT

Haven’t we all had fashion fails? A cloth fading, getting stained but that’s not a reason to get disheartened. Here are five smart clothing hacks no one told you about but you wish you’d know! Read on and don’t fret the next time you’re in a fashion emergency.

1. Remove oil stains

   When it comes to suede, any big oil stain will end up looking like a giant brown mark. However, there’s an easy trick to remove them. Rub salt on the stain and let it sit for about 30 minutes. Then, vacuum the salt and voila! The stain should be gone.

2. How to clean suede

   If you have a fashion emergency, you can use a suede cleaning kit or a gentle soap and water solution. For some stubborn stains, you can use a bit of rubbing alcohol mixed with water to help break down the stain.

3. Remove nail polish

   Don’t let your nail polish ruin your clothes! You can remove nail polish stains by putting a little bit of nail polish remover on a rag and rubbing it over the stain. Alternatively, you can try rubbing olive oil or peanut butter on the stain before washing it.

4. Remove make-up marks

   If you find yourself accidentally wiping your make-up onto your clothes, don’t worry! You can remove it by rubbing a film of baby powder or cornstarch over the mark, letting it stay overnight, and then removing it with a brush.

5. Remove coffee stains

   Coffee stains can be a real nuisance. To remove them, you can use a mixture of water, white vinegar, and salt. Rub this mixture onto the stain and let it sit for a few minutes before washing the item as usual.