

Train Your Brain to Remember More

GoSkills online course syllabus

Skill level

Beginner

Lessons

9

Pre-requisites

No prior experience needed

Video duration

17m

Estimated study time

17m 4s

Instructor

Deila Bumgardner

Introduction

- 1 Stop forgetting and start winning at work**
Many professionals feel stuck or overwhelmed with information overload when learning something new.

Structure Information for Better Retention

- 2 Focus on the big picture first**
Details are easier to remember when you understand the context.
- 3 Chunk information to boost retention**
Information overload often leads to forgetfulness, but structure makes learning stick.
- 4 Stay organized with memory maps**
Organization isn't about tools—it's about how you think.

Create Memory Hacks for Deeper Learning

- 5 Turn abstract ideas into memorable lessons**
Information fades when it isn't tied to meaning or purpose.
- 6 Ask better questions to boost retention**
Passive learning leads to quick forgetting, but active questioning promotes long-term memory.
- 7 Visualize information to make it stick**
Images and stories are easier to remember than raw facts.

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Reinforce learning with repetition

Repeating information at the right intervals solidifies memory.

Conclusion

9

Improve your memory for career success

Thanks for watching!

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