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## British Council announces online English course

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The British Council has announced that it will launch the latest version of myEnglish online learning courses starting March 25, 2017 in Pune, Mumbai and Bengaluru for adult learners.

With student experience and learning outcomes at the core of course innovation, myEnglish is designed to help learners get a competitive edge and develop their communication and career-enhancing skills required to succeed in life. The courses are designed to support learners with busy work/study schedules by providing flexible study options through an innovative, interactive, online format.

It includes both face-to-face and online interaction and each course is about 50 hours of study. The courses focus on improving language skills, communication in real life contexts, grammar, vocabulary, pronunciation and self-study skills.

To find out more and register, visit: [www.britishcouncil.in/myEnglish](http://www.britishcouncil.in/myEnglish)

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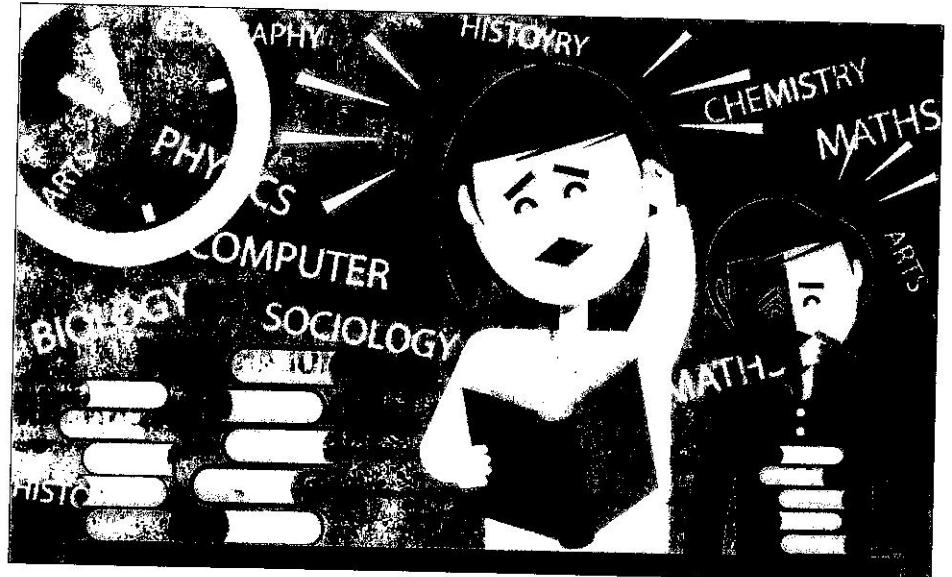


Illustration: SHANTANU MITRA

# Memory techniques that can help remember lessons



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Improving one's memory, attention and concentration seem to become one of the most sought after goals, especially during the exam season. It is important to remember that such skills are not simply to be acquired during the time of exams, but are habits that should be inculcated and practiced throughout the year, in order to help sharpen your cognitive skills. The following tips could be kept in mind:

**1 Using mnemonics.** Specific techniques that can significantly aid your memory include relying on mnemonics like acronyms (using the first letters of the words or ideas to make a new word), rhymes (using a similar sounding word to remember facts and figures), acrostics (making up a sentence or phrase using

the first letter of each word), visual images (associating an image in your mind to help you remember something), method of loci (imagine whatever you want to learn as a part of a spatial route, with each item at specific locations), etc.

**2 Ensure you get adequate sleep.** In addition to the specific techniques used to improve memory, it is important to ensure that you get adequate hours of sleep. A minimum of 8 to 10 hours of continuous sleep during the night is essential to maintain the capacity of your memory.

**3 Regular physical exercise.** In addition, regular physical exercise can go a long way in ensuring both your physical as well as mental health, while at the same time stimulating the nerve cells in the brain, to ensure adequate cognitive stimulation.

**4 Avoid multitasking.** It is important to remember that multitasking does not actually save time and energy, but

instead makes it more difficult to retain the information, as the human ability to process information simultaneously reduces the efficiency, while at the same time gives us less opportunity to rehearse the information.

**5 Intellectual stimulation.** It is important not only to keep ourselves physically fit, but also mentally active. Solving Sudoku, mazes, and other puzzles, reading, or learning any novel activity like a new language or musical instrument, that makes us use activate our brain cells is the best exercise we can provide to maintain our memory.

**6 Coping with stress.** Finally, high levels of stress and anxiety could lead to significant interference in our abilities to memorize information. Therefore, it is helpful to adopt healthy coping mechanisms and use stress busters effectively.

The author is director, mental health and behavioural sciences, Fortis Healthcare