



# Improving Memory and Study Skills: Advances in Theory and Practice

*Douglas Herrmann, Douglas Raybeck, Michael Gruneberg*

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**Improving Memory and Study Skills: Advances in Theory and Practice** Douglas Herrmann, Douglas Raybeck, Michael Gruneberg

A primary text for teaching the science of studying to university and other students. Divided into five main sections, 13 chapters deal with: fundamentals, including scientific findings concerning learning and studying, and the physiological and psychological basis of memory; physical and emotional state when studying/taking exams; how best to store and remember information; using the environment and things around us to help; and integrating the above. The work is based on research, including that of the authors, on how students study, learn and remember. The authors collectively have over 100 years of experience about how students can learn more efficiently. The text presents both the rationale and the methods that have led to a successful multimodal approach to developing memory and study skills. There are practical recommendations for teaching and learning these skills, and in addition, the scientific reasons for the suggested procedures are laid out and the explanations in turn are grounded in practical examples. Each of the 13 chapters is rounded off by a concise summary of the most salient points, and the work is completed by a glossary, and full author and subject indices.



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