

Psychology: A simple trick to improve your memory

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BBC:

If I asked you to sit down and remember a list of phone numbers or a series of facts, how would you go about it? There's a fair chance that you'd be doing it wrong.

One of the interesting things about the mind is that even though we all have one, we don't have perfect insight into how to get the best from it. This is in part because of flaws in our ability to think about our own thinking, which is called metacognition. Studying this self-reflective thought process reveals that the human species has mental blind spots.

One area where these blind spots are particularly large is learning. We're actually surprisingly bad at having insight into how we learn best.

Read the whole story: [BBC](#)