



**SLIDEGENIUS**

## 3 More Ways to Memorize Presentations Easily

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## Rehearse Your Presentations Out Loud

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Memory can improve by **more than 10%** if information is spoken and repeated out loud.

**You can also make things easier by recording your sessions.** Hearing yourself speak will help in internalizing your presentation. It will also help you pinpoint which parts might need more improvement.



## Keep your Rehearsals Within the 20-20-20 Rule

It will be easier to memorize presentations by **reviewing your material for 20 minutes** and then **repeating the information twice for 20 minutes each**.

If you're dealing with longer presentations, **you can break up your speech into manageable parts and work piece by piece**.



## Make a Mind Map of Your Presentation

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Through a mind map, you can see the logical progression of your presentation. The **shape or image you come up with will make it easier to remember how one point connects to the next**, as opposed to simply having a list or outline as reference.

To make sure your mind map works effectively, **use different colors for each “branch”**. You can also add drawings that illustrates your points.



## OTHER HELPFUL TIPS

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### Avoid Distractions

It will be hard to focus when you have to periodically answer emails and text messages. Always rid your practice sessions of any distraction. Step away from your computer and turn off notifications for your phone for a while. Keep attention on the task at hand.



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### Make Time for Short Breaks

Even as you work hard to deliver a great presentation, don't forget to reward yourself with short breaks. Give yourself time to relax in between each rehearsal to keep your creativity flowing.



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### Get Enough Sleep

Sleep is also a crucial ingredient in memory improvement. As an article on Psychology Today points out, "There is no longer any doubt. Sleep does improve the gelling or consolidation of memory for recently encoded information." Make sure you get enough rest on the days leading up to your presentation.



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