Four Principles of Memory Improvement - Florida International University. Psychologists recognize several principles the can help learning and an efficient use of memory. Among these principles the following seem to be particularly important:

1. Intend to remember/learn. Before beginning study. Your intention is the most important principle of memory improvement. This principle of long-term memory is best demonstrated by the following examples:

- Mnemonic strategies and memory techniques
- The principle of selective attention
- The principle of selective attention


In addition to the principles of memory improvement, there are several other variables that can affect memory. These variables include:

- The stimulus
- The context
- The individual
- The task

These variables can be manipulated to improve memory performance. For example, the use of memory techniques and strategies can improve memory performance by increasing the amount of information that is encoded into long-term memory. The principle of selective attention can be improved by increasing the amount of effort that is devoted to the task. The principle of selective attention can be improved by increasing the amount of effort that is devoted to the task. The principle of selective attention can be improved by increasing the amount of effort that is devoted to the task. The principle of selective attention can be improved by increasing the amount of effort that is devoted to the task.

By understanding the principles of memory improvement, you can improve your memory performance. This can be done by:

- Using memory techniques and strategies
- Using selective attention
- Using the principle of intention

In conclusion, the principles of memory improvement are important for improving memory performance. By understanding these principles, you can improve your memory performance.