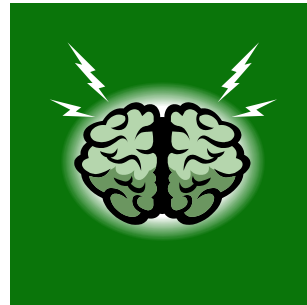


# Memory & Concentration



Where *Exceptional* Begins

# Concentration & Memory Tips

Video with some great tips for improving both concentration and memory:

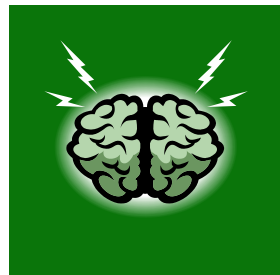
[https://www.youtube.com/watch?v=mGFE8Gtc](https://www.youtube.com/watch?v=mGFE8GtcMms)

[Mms](https://www.youtube.com/watch?v=mGFE8GtcMms)



# Improving Memorization Skills

- There are websites with games that are designed to help improve concentration and memory! Here are a few:
  - Lumosity Brain Games & Training,  
[www.lumosity.com](http://www.lumosity.com)
  - iBraining  
<http://www.ibraining.com/>



# Programs to Boost Concentration

- **Cold Turkey:** blocks the websites you tell it to, when you tell it to, to keep you from procrastinating on the internet.
  - [www.getcoldturkey.com](http://www.getcoldturkey.com), \$0 or donation
- **Stay Focused:** Allows you to use your “guilty pleasure” sites for a predetermined length of time, and then blocks them for the rest of the day – giving you a “shouldn’t you be working?” message if you try to use them.
  - <https://chrome.google.com/webstore/detail/stayfocusd/laankejkbhbdhmipfmgcngdelahlfoji?hl=en>, \$0
- **FocusWriter:** provides a distraction free writing environment so you cannot see any other programs and can focus on your work.
  - <http://gottcode.org/focuswriter/>, \$0 or donation