

## Module 7 Test and Exam Prep: Topic 28. Memory Techniques

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### Video Transcript

Hi guys, Patrick Sherratt here. We all know the importance of memory for learning and revising for exams but do you really know how memory works?

Over time, I have decided that there are six key principles of memory that if you know about and use during revision times, you can make dramatic improvements to your results.

The first principle is intention. When you set an intention, like a mini-goal, it activates your attention which directs your brain to notice whatever information you have decided is important. Intention gets your brain fired-up!

The next principle is repetition. That is why you need to rehearse your recall. It strengthens your neural and astrocyte brain-cell communication which researchers believe improves long-term memory.

Now, in order to illustrate the next principles, I want to cut now to a live seminar where you will see a student volunteer help show us what these principles are.

### **Exam Excellence Seminar Clip**

So Sincerely is going to show us what these other principles of memory are that if you know about, will save you heaps of time. (Sincerely wears a bright multi-coloured jacket).

If you could take your class-notes and make a picture of them, in other words, you use your imagination to create pictures of your key-words; imagine Sincerely is a picture – the more bright and vivid this picture is in your mind, the more likely you are to remember it.

*(Sincerely puts on a jesters hat)*

The other thing is that if you can get your pictures looking a bit unusual a bit strange, odd or exaggerated – anything that draws emotion, the more likely you are to remember them.

*(Sincerely is asked to start doing some funny movements)*

Another principle is that if your pictures are moving: moving pictures are like glue to our memory. You are more likely to remember them.

*(Sincerely gets up on a chair and continues here funny movements)*

Finally, if you can get your pictures put somewhere, like a location, you are more likely to remember them.

So moving, bright, vivid, unusual pictures that are put somewhere are more likely to help you remember your key-words. You are much more likely to remember this moment (*everyone laughs*) in a week's time, because it is so unusual, right?

### **Seminar clip ends.**

Once you are familiar with these principles, it is up to you to explore practical ways to apply them.

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Try rehearsing your recall often using maps, diagrams and spread-sheets to illustrate keywords. Use flash-cards, acronyms, acrostics, rhymes and music or physically move about to engage some emotion.

You could also use your imagination to make funny pictures of your keywords and link them to each other or locate them to a series of picture pegs.

All these techniques use the six key principles outlined here. If you use them, you will surprise yourself at how good your memory is. Good luck.

### **Overview**

Your intention tells your brain to notice what to be memorised.

Repetition strengthens your brain-cell connections and memory.

Placing information in context using pictures and patterns enhances memory.

Making unusual pictures creates emotion that releases the brain chemistry known to enhance memory.

Linking your pictures through movement activates visual association.

Create a location – a picture-peg, to help find your stored information.