

MEMORY TECHNIQUES

KEY CONCEPTS



Memory

- ✓ Your ability to recall information using principles aimed at helping strengthen the connection and communication between your brain-cells.

Mnemonics

- ✓ Specific techniques designed to enhance your recall of information. They come in two main categories: pictures and patterns.

NOTES

Principles of Memory:

- Intention:** Setting an intention for every revision session switches on your brain to enhance your attention, concentration and motivation. This helps get the information in!
- Repetition:** Rehearsing both your understanding and your recall of information strengthens the communication in your brain-cells, which in-turn enhances your memory.
- Pictures: & Patterns** Using your imagination to make bright vivid pictures and patterns of your revision note's keywords enhances your memory.
- Emotion:** Emotion stimulates the release of brain chemicals shown to enhance memory. Build emotion into your pictures or patterns by making them ridiculous, rude, angry, or funny.
- Movement:** A moving picture as opposed to a still picture will enhance your memory of it. In your imagination, get your funny pictures doing something ridiculous.
- Location:** Pre-arranging a selection of picture-pegs, enables you to create a 'my documents' of places to link and store your condensed revision notes to memory.

QUESTIONS

1. Using the key-words from the article, *Visualise to Improve Your Exam Performance* (Topic 27), shown below, what mnemonics would you typically use to memorise them? Describe your techniques.

2. Using the key-words from the headings only, how could you construct an acronym or acrostic to help you memorise these words?

3. What acronym or acrostic could you use for memorising some of your own class-notes now? Give an example here.

1: Performance Psychology

Subconscious self-images
Maintains & regulates behaviour
Limiting beliefs hold us back
Perform from beliefs not potential

2: Success Programming

Program better self-images
Mentally simulate
Two-thirds of brain activity same
Do both visual and real practice

3: Overcoming Anxiety

Exams out of comfort zone
Not enough real practice
Program for a positive response

4: Visualising Exams

Write ideal exam visualisation script
Positive affirmations
Record yourself reading it
Rehearsed many times

MEMORY TECHNIQUES

KEY CONCEPTS



Memory

- ✓ Your ability to recall information using principles aimed at helping strengthen the connection and communication between your brain-cells.

Mnemonics

- ✓ Specific techniques designed to enhance your recall of information. They come in two main categories: pictures and patterns.

NOTES

Principles of Memory:

- Intention:** Setting an intention for every revision session switches on your brain to enhance your attention, concentration and motivation. This helps get the information in!
- Repetition:** Rehearsing both your understanding and your recall of information strengthens the communication in your brain-cells, which in-turn enhances your memory.
- Pictures:** Using your imagination to make bright vivid pictures and patterns of your revision & Patterns note's keywords enhances your memory.
- Emotion:** Emotion stimulates the release of brain chemicals shown to enhance memory. Build emotion into your pictures or patterns by making them ridiculous, rude, angry, or funny.
- Movement:** A moving picture as opposed to a still picture will enhance your memory of it. In your imagination, get your funny pictures doing something ridiculous.
- Location:** Pre-arranging a selection of picture-pegs, enables you to create a 'my documents' of places to link and store your condensed revision notes to memory.

QUESTIONS

1. Using the key-words from the article, *Visualise to Improve Your Exam Performance* (Topic 27), shown below, what mnemonics would you typically use to memorise them? Describe your techniques.

2. Using any of the techniques offered in this topic, what new ways could you practice memorising these words?

3. What other mnemonics could you use for memorising some of your own class-notes now? Give an example here.

1: Performance Psychology

Subconscious self-images
Maintains & regulates behaviour
Limiting beliefs hold us back
Perform from beliefs not potential

2: Success Programming

Program better self-images
Mentally simulate
Two-thirds of brain activity same
Do both visual and real practice

3: Overcoming Anxiety

Exams out of comfort zone
Not enough real practice
Program for a positive response

4: Visualising Exams

Write ideal exam visualisation script
Positive affirmations
Record yourself reading it
Rehearsed many times

MEMORY TECHNIQUES

KEY CONCEPTS



Memory

- ✓ Your ability to recall information using principles aimed at helping strengthen the connection and communication between your brain-cells.

Mnemonics

- ✓ Specific techniques designed to enhance your recall of information. They come in two main categories: pictures and patterns.

NOTES

Principles of Memory:

- Intention:** Setting an intention for every revision session switches on your brain to enhance your attention, concentration and motivation. This helps get the information in!
- Repetition:** Rehearsing both your understanding and your recall of information strengthens the communication in your brain-cells, which in-turn enhances your memory.
- Pictures:** Using your imagination to make bright vivid pictures and patterns of your revision & Patterns note's keywords enhances your memory.
- Emotion:** Emotion stimulates the release of brain chemicals shown to enhance memory. Build emotion into your pictures or patterns by making them ridiculous, rude, angry, or funny.
- Movement:** A moving picture as opposed to a still picture will enhance your memory of it. In your imagination, get your funny pictures doing something ridiculous.
- Location:** Pre-arranging a selection of picture-pegs, enables you to create a 'my documents' of places to link and store your condensed revision notes to memory.

QUESTIONS

1. Using the key-words from the article, *Visualise to Improve Your Exam Performance* (Topic 27), shown below, what mnemonics would you typically use to memorise them? Describe your techniques.

2. Having practiced using the location method in class, with what class-notes could you use this technique with?

3. Can you give an example of six ridiculous pictures taken in sequence from your class-notes? Write the visual story here.

1: Performance Psychology

Subconscious self-images
Maintains & regulates behaviour
Limiting beliefs hold us back
Perform from beliefs not potential

2: Success Programming

Program better self-images
Mentally simulate
Two-thirds of brain activity same
Do both visual and real practice

3: Overcoming Anxiety

Exams out of comfort zone
Not enough real practice
Program for a positive response

4: Visualising Exams

Write ideal exam visualisation script
Positive affirmations
Record yourself reading it
Rehearsed many times