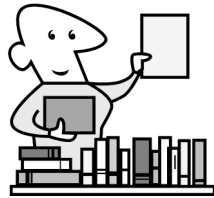


Memory

Memory Understanding and Improving Memory:
Tools and Techniques

3 Types of Memory

Sensory
Short-Term
Long-Term



What is memory?

Biological function
Learn from experience
Faculty of mind



Long-Term Memory

Episodic

- Events and experiences
- Reconstruct events

Semantic

- Record of facts, concepts and ideas



How does memory work?



Rehearsal
Repeated exposure
Distributed over time

Enhancing Memory

Remember versus memorize
Find an interest
Be flexible
Over learn



Enhancing Memory

- Concrete imagery
- Get excited
- Intend to remember
- Use memory techniques



Enhancing Memory

- Forming associations
- Involve emotions
- Meaningful clues
- Repetition



Memory Techniques

- | | |
|-----------------|----------------------|
| Acronyms | Cheat sheets |
| Mnemonics | Varying approaches |
| Flashcards | Learning styles |
| Vocabulary list | Logical organization |
| Association | Mapping |

Acronyms

NATO (North American Treaty Organization)

RAM (Random Access Memory)

WYSIWYG (what you see is what you get)



Mnemonics

In 1492 Columbus sailed the ocean blue.

Never eat sour watermelons.



Flashcards

Specific vocabulary

Different stacks

Review each day

Quiz

Add and delete



Vocabulary Lists

Use a T chart
Term on left
Definition on right
what does it really mean
find examples



Associations

Tighty righty, loosey lefty



Cheat Sheet

Flipchart paper
Sections
Headings
Picture / charts
Symbols
Colors
Arrows
Concept map



Varying Approaches

Read aloud
Draw charts
Rewrite notes
Create list
Be creative



Learning Styles

Visual
Kinesthetic
Auditory



Logical Organization

Outline formats
Headings
Major points
Minor points



Mapping

Central idea
Radiating related ideas
Personalize
Visualize connections



Wise Words

"The secret to a good memory is attention,
And attention to a subject depends upon your
Interest in it. We rarely forget that which
Has made a deep impression on our minds".

Tyron Edwards
