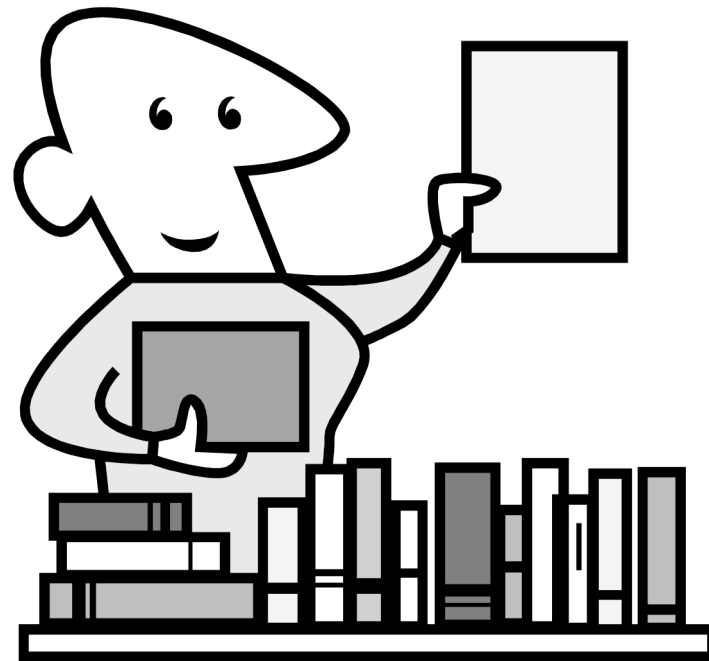


# Memory

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



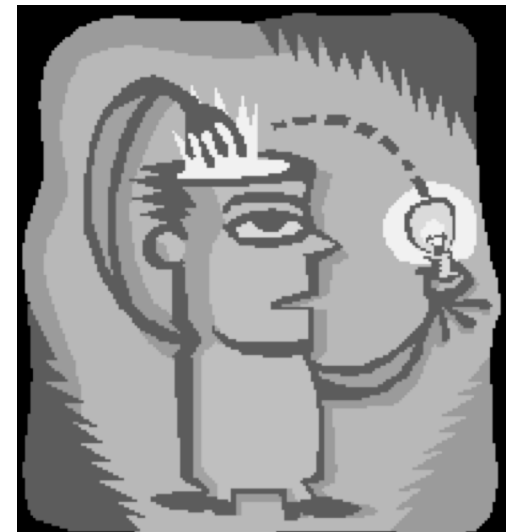
# Long-Term Memory

## 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

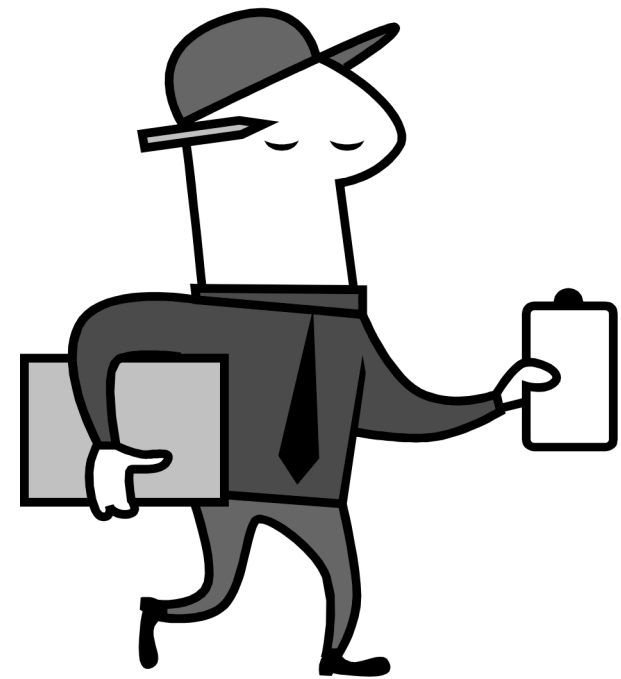
Be flexible

Over learn



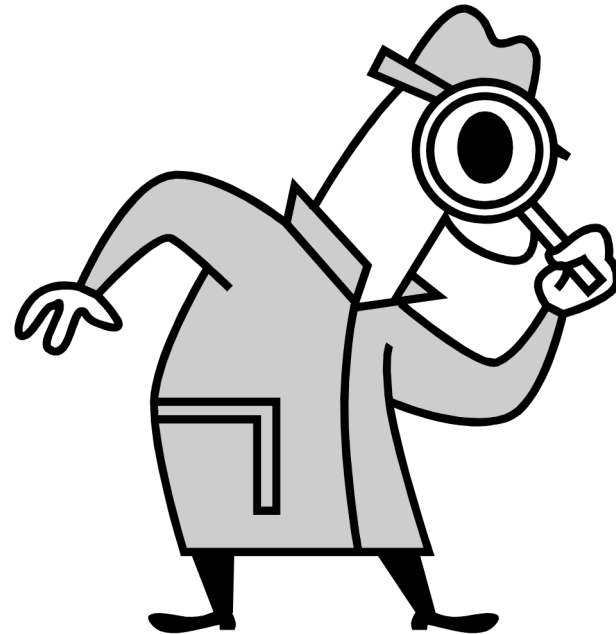
# Enhancing Memory

Concrete imagery  
Get excited  
Intend to remember  
Use memory techniques



# Enhancing Memory

Forming associations  
Involve emotions  
Meaningful clues  
Repetition





# Memory Techniques

Acronyms  
Mnemonics  
Flashcards  
Vocabulary list  
Association

Cheat sheets  
Varying approaches  
Learning styles  
Logical organization  
Mapping

# Acronyms

**NATO** (North American Treaty Organization)

**RAM** (Random Access Memory)

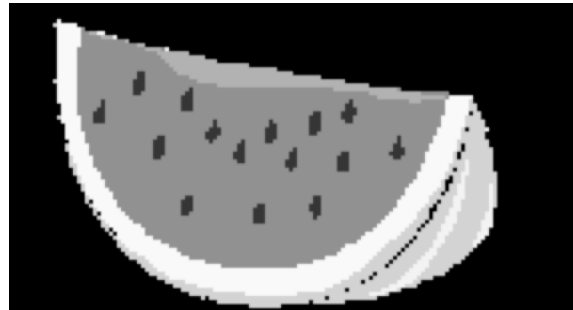
**WYSIWYG** (what you see is what you get)



# 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

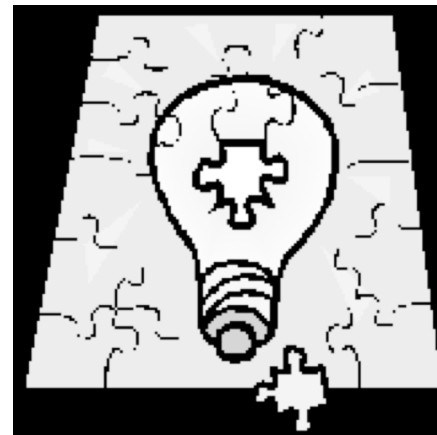
Read aloud

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