



# Your Turn

As your presenter has just shown, the Mental Journey is one of the most powerful memory tools you can use to remember large chunks of information. So let's look at turning an actual page of notes into a visual journey. Have a look at the page of English notes on the book *Heart of Darkness* below. On the next page, you're going to use the table and the rules in your workbook to turn these into a Mental Journey (we've done the first one for you).

## **Themes & Symbols**

- **Darkness**
- **Madness**
- **Fog**
- **The river**
- **Civilisation**
- **Evil**



Points from Notes	Room in House	Story
Darkness	Hallway	I come home after a busy day at school, open my front door and turn my hallway light on. As soon as I flick the switch, all the light bulbs explode at the same time. I'm left in absolute <b>darkness</b> . I can't see anything, so I put my hands out in front of me and feel my way into the next room...
Madness	<i>eg. living room, kitchen</i>	
Fog		
River		
Civilisation		
Evil		