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# MEMORY & MNEMONICS

A GUIDE FOR THE FORGETFUL    WORKBOOK



# How we remember



**info  
for exam**



**Short term**



**Short term**



**Long term**



**Long term**



**Your exam**



Do you study/memorise notes...

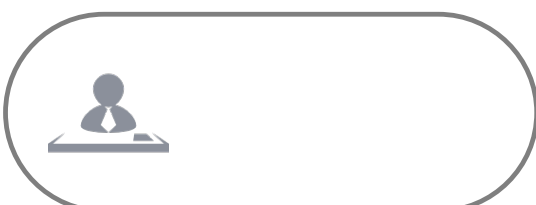


- ...in bed or lying down on the couch/floor?
- ...with music, Netflix or the TV on in the background?
- ...when you're sleepy/bored because you need to get it done?
- ...with your phone next to you?
- ...with other windows/tabs open on your computer?

## Study Environments

External

Internal





# Storage

The problem is that info is:

The solution is to make the info:

Boring

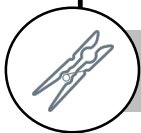
Impersonal (not about me)

Presented in 1 way

Passive



1. Arroz = Rice
2. Pluma = pen
3. Camarero = Waiter
4. Salida = exit
5. Arena = sand
6. Coche = car
7. Bufanda = scarf
8. Cerebro = brain



1 = bun

2 = shoe.

3 = tree.

4 = door

5 = hive

6 = sticks

7 = heaven

8 = gate

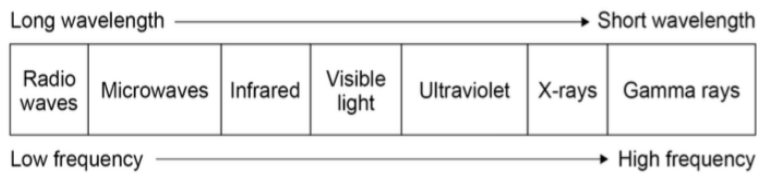
9 = vine

10 = hen



1. info to memorise?	2. Transform, condense, or create association	3. Create story, visualization, or picture	4. Include the 4 elements
Arroz means Rice	Arroz = Arrows	Throw bowl of steam rice at bad guys, turns into arrows, saves the day.	Weird <input type="radio"/> About me <input type="radio"/> Sensory <input type="radio"/> Interactive <input type="radio"/>
Helium is 2 <sup>nd</sup> element	2 <sup>nd</sup> location = front hall, Helium = balloons w face on it	Drenched in water see balloons with my face on them in the hallways	Weird <input type="radio"/> About me <input type="radio"/> Sensory <input type="radio"/> Interactive <input type="radio"/>

### A. Electromagnetic spectrum



### B. How managers get the best from their staff

1. Delegation
2. Consultation
3. Empowerment
4. Team work
5. Flexible working
6. Job enrichment
7. Job rotation

### C. Declaration of Independence (first line)

We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness.

### D. Hardness scale minerals

1. Talc
  2. Gypsum
  3. Calcite
  4. Flourite
  5. Apatite
  6. Orthoclase
  7. Quartz
  8. Topaz
  9. Corundum
  10. Diamond
- Softest  
↓  
Hardest

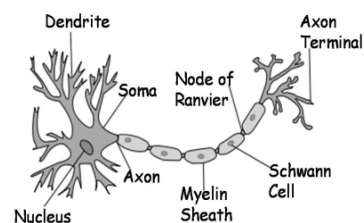
### E. German words

1. Fridge = Kühlschrank (cool-shrunk)
2. Teapot = Teekanne (tee-car-nay)
3. Yesterday = gestern (ges-tern)
4. Timetable = zeitplan (zite-plan)
5. Doctor = Arzt (arts-d)

### F. French words

1. Show = Montrer (mon-tree)
2. Mat = Tapis (tappy)
3. Delivery = livraison (liv-ray-zon)
4. Briefcase = malette (Mah-let)
5. Lawyer = Avocat (avo-cah)

### G. Nerve cell





# Applying mnemonics

1. info to memorise?	2. Transform, condense, or create association	3. Create story, picture, or visualization	4. Include the 4 elements
			Weird <input type="radio"/> About me <input type="radio"/> Sensory <input type="radio"/> Interactive <input type="radio"/>
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## Useful ways to speed up memorisation

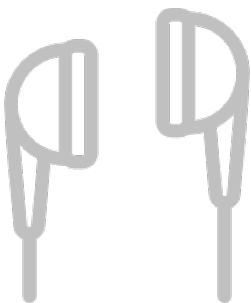


Learning a language? Label your house! Get a sticky-note pad, and write the translation of many objects in your home and stick them around: your fridge, the mirror, the door (everything). Your home will become an interactive set of notes.



Some great free memorisation apps & websites include:

- Memrise.com
- Quizlet.com
- Duolingo.com



Take the bus to school? Record yourself saying your notes aloud, or some key terms and definitions that you need to memorise. Then listen to them on the way to school or while you go for a jog. All that transit time can be used to reinforce key information.



Gain access to multiple memory techniques on the Student Portal at [www.elevateeducation.com](http://www.elevateeducation.com)