Eight Ways to Improve your Memory

The purpose of a memory device is to create a way of putting information together that makes it easy to remember.

- **Grouping:** Rearrange large numbers of items into smaller units of logical or artificial groups.

  Examples:
  
  - Arrange a large series of numbers into smaller groups: 568324814: 568 324 814
  - Classify according to type: Arrange Shakespeare's 37 plays into the logical groups of comedy, history, tragedy.

- **Rhyming:** Use the poetic methods of sound in rhyming, rhythm or alliteration.

  Examples:
  
  - In order, what happened to Henry VIII's wives? Died, Beheaded, Died Died, Beheaded, Survived.
  - Grammatical rule: i before e except after c or when sounded as a as in “neighbor” and “weigh.”

- **Spelling:** Take the first letters or syllables to form a new word that spells out the information.

  Examples:
  
  - H.O.M.E.S. The 5 Great Lakes: Huron, Ontario, Michigan, Erie, Superior.
  - PEWSAGL. The 7 deadly sins: pride, envy, sloth, avarice, gluttony, lust.
  - ROY G. BIV The 7 colors of the visual spectrum: red, orange, yellow, green, blue, indigo, violet
• **Narrating:** Use the imaginative process to create a sentence, a story, a cartoon or a visual picture.

Examples:

- Every Good Boy Deserves Fun (Notes of the musical scale)
- The **OLFACTORY** man went to the **OPTIC** store where he bought an **OCULOMOTOR**. He got into his **TROCHLEAR TRIGEMINAL** car and drove home to **ABDUCENT** with a joyous...**FACIAL** expression. By the **AUDITORY** sound of his car his wife **GLOSSOPHARYNGEAL** and son **VAGUS** knew he was home. They showed him the **SPINAL ACCESSORY** they had purchased at the **HYPOGLOSSAL** store. The twelve cranial nerves.)

• **Mapping:** Structure a diagrammatic representation of the relationship between major ideas, sub categories, and supporting details.

Example:

- Textbook Study

• **Linking:** Connect a list of unrelated items though exaggerated, ridiculous or absurd associations.

Example:

- 1 **MERCURY** thermometer was in the mouth of **VENUS**, with-the-2-on-her-toe-goddess-of-love. Her navel was a huge **EARTH** with a 3 on it. On the other side of her mouth was a 4 star **MARS** candy bar. The 5 fingers of her hand and wrist spelled out **JUPITER**. 6 rings of **SATURN** were turning around her head while above it 7 rain drops of **URANUS** were falling and gradually became 8 musical notes for a **NEPTUNE**. Amazingly Venus was standing on **PLUTO** the dog whose tail was curled into a 9. (The seven planets in order.)
• **Placing:** Place units of information in terms of location or chronology.

  Example:
  
  - Maslow's pyramidal hierarchy of human needs:
    - self-actualization
    - ego needs: status, pride, knowledge, self-respect
    - social needs: love, belonging, acceptance, association
    - security needs: psychological & physical safety
    - basic (physiological) needs: food, water, air, sex, activity, rest shelter

• **Experiencing:** Act out or go through the motions to get the feel of an idea.

  Examples:
  
  - Foreign language terms: déja-vu
  
  - Any new term: psychotherapeutic
    Use a pencil to write out the word. Then use the index finger to trace over the shape of the word.