

The problem with memory

All learning depends upon memory – without it everything would be new and unknown everyday!

'You have more brain **cells** in your head than the number of trees in the Amazon rainforest and more **connections** between brain cells than the number of leaves, on all the trees in the Amazon rainforest.'

The Memory Fallacy

Most people believe that their memories get worse as they get older, however this is only true for people who do not use their memories properly.

Memory is like a muscle - the more it is used, the better it gets and the more it is neglected, the worse it gets.

What is memory?

Memory is our ability to receive, retain and retrieve ideas and information. Remember the three 'Rs' of memory: receive, retain, retrieve

For more information about the wide range of courses we offer and for more free downloads, go to:-

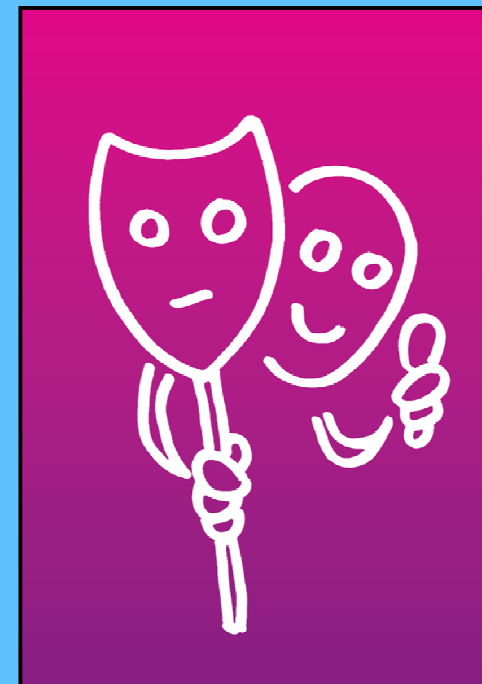
www.malit.org.uk



Phone: 07792 504 588

E-mail: hello@malit.org.uk

malit



The little book
of
Memory

MALIT 4 Top Tips

USING VISUAL MEMORY

We may remember a scene from a film/ television programme or even remember parts of a dream we had once because the images within them are so vibrant.

The technique of visualizing objects in a vivid and dramatic way can be applied to remembering even the most mundane data or list. It's a technique that you have to practise. Try this example...

These are the countries of South America in order of size. Brazil, Argentina, Peru, Colombia, Bolivia, Chile, Paraguay, Ecuador, Uruguay, Guyana, Surinam, French Guiana

Using visualisation, imagine that you have a journey to school and on the way you see/hear/smell things that remind you of these countries.. The journey could start as follows...

I left the house and on my way to the bus stop I saw a man who looked like Kaka walking his dog. He was whistling "Don't cry for me Argentina"

STORY CHAINS

In order to remember facts that run in an order, story chains can be a great tool.

Take the stages in the product life cycle; introduction, growth, maturity, saturation and decline. It could be easier to remember them if you created a story with them.....so

I was at a party when I was INTRODUCED to Jane who had gone to the same primary school. Jane had GROWn and really MATURed since I'd last seen her. I left the party later and stepped outside into torrential rain—I was SATURATed. I had regretted DECLINing the offer of a lift home earlier.

Activity—Try creating story chains of your own



REMEMBERING DATES

Dates can be difficult to remember. But with this useful technique it can be much easier...Take the start of US War of Independence? 1775

This technique involves converting the date into a saying with each word having the same number of letters as each digit in the date. So 1775 becomes.....

A sadness happens often

DO YOU UNDERSTAND?

Once you have UNDERSTANDING" remembering becomes about 80% easier. Rudyard Kipling had a famous saying, "I had six honest serving men. They taught me all I knew. Their names were: Where, What, When, Why, How and Who."

The best way to improve your recall of facts is to understand what they mean when you are taught them. **Set your self a target to ask more questions in lessons and see how your understanding improves.....**