

Memory Techniques

What kind of reviser are you?

- Everyone is different
- What sorts of information do you have to remember and how do you think you learn best?

Aims of the session

- Understand a little more about the way our memories work
- Explore key ideas and approaches to making your memory work for you
- Try out some memory techniques
- Exchange ideas and tips

How good is your memory?

Test 1: Words

TREE

TIME

FACE

PIPE

CLOCK

MOUSE

ENGINE

PLANET

THUNDER

NECKLACE

WARDROBE

CATERPILLAR

GARDEN

PICTURE

TREACLE

HARNESS

SLEEP

APPLE

OCEAN

BOOK

How good is your memory?

Test 1: Words

Please write down as many words as you remember

How good is your memory?

Test 2: Number Sequence

5 0 3 6 7 4 4 0 9 2 8 2 0 5 7 6 7 1 2 9

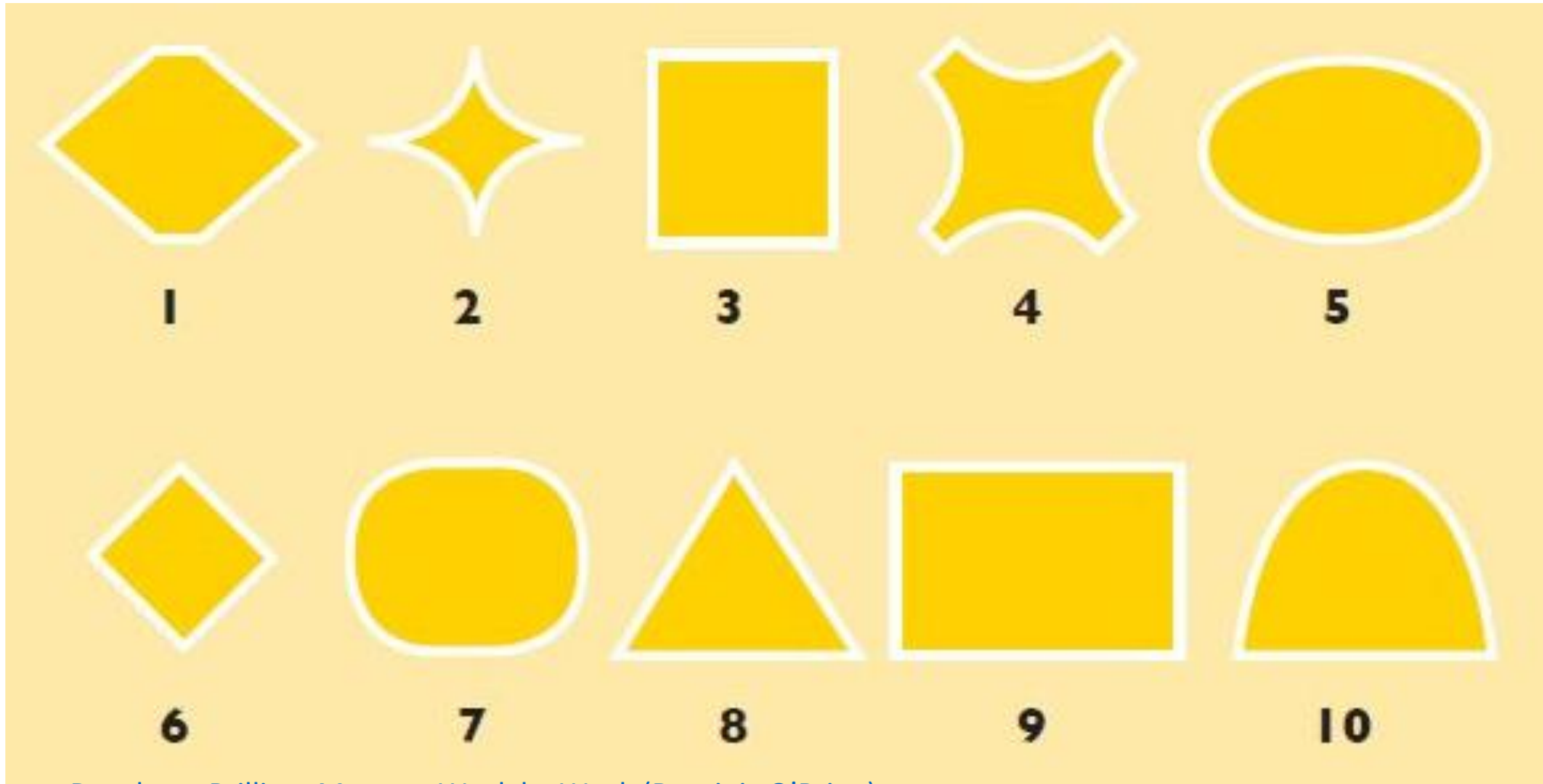
How good is your memory?

Test 2: Number Sequence

Please write down as many numbers as you remember

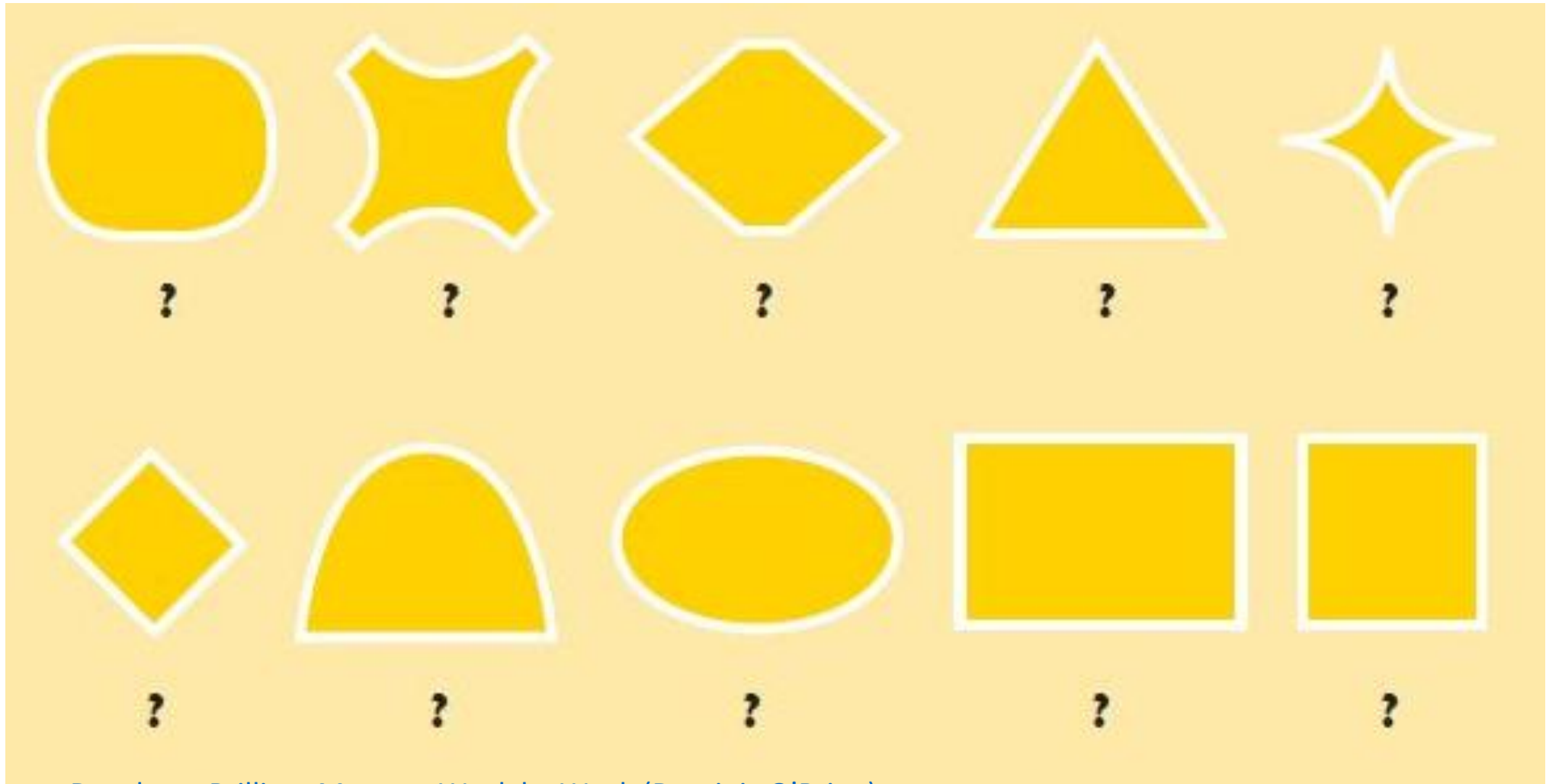
How good is your memory?

Test 3: Shapes



How good is your memory?

Test 3: Shapes



How good is your memory?

Test 4: Binary Numbers

1 1 0 0 0 0 0 1 1 0 1 1 1 0 1 1 0 0 1 1 0 1 0 1 0 1 0 0 1 1

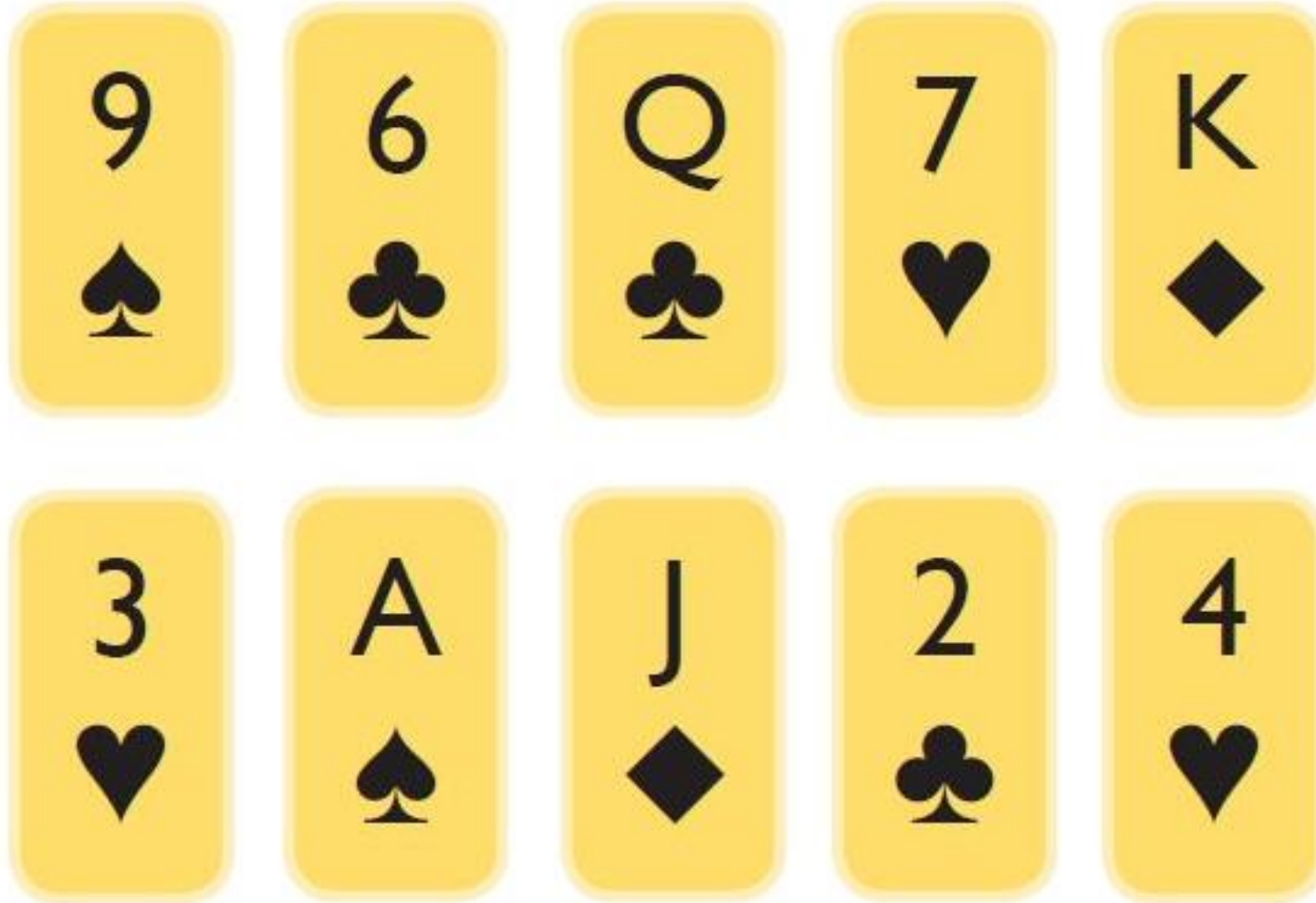
How good is your memory?

Test 4: Binary Numbers

Please write down as many numbers as you remember

How good is your memory?

Test 5: Playing Cards



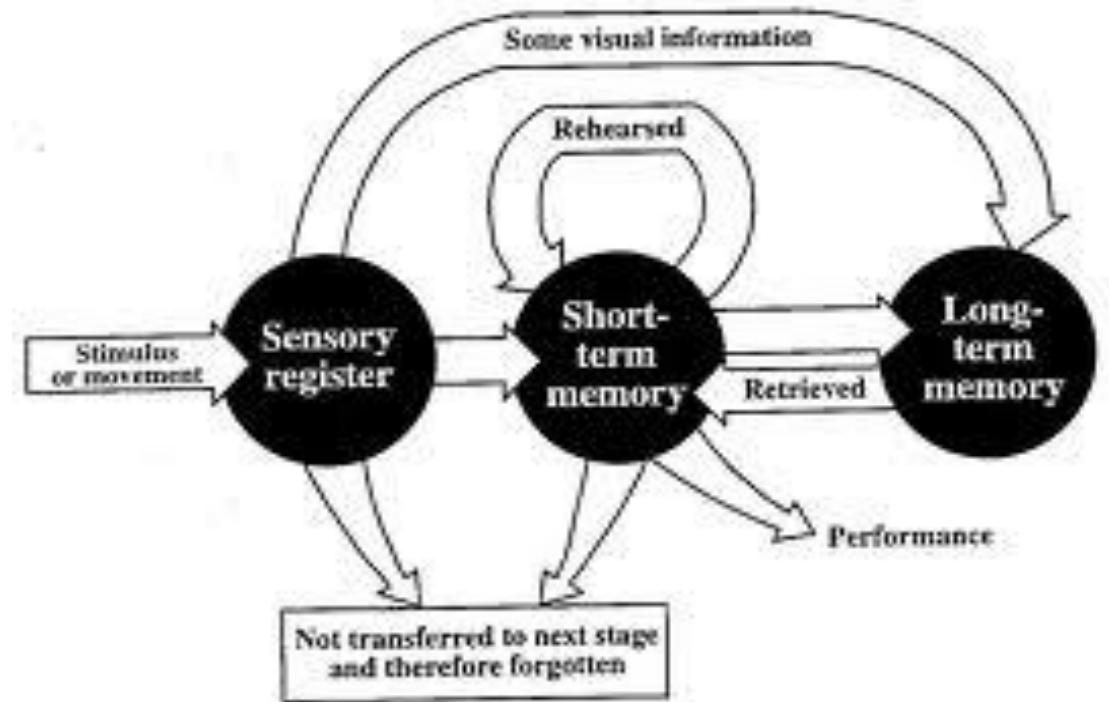
How good is your memory?

Test 5: Playing Cards

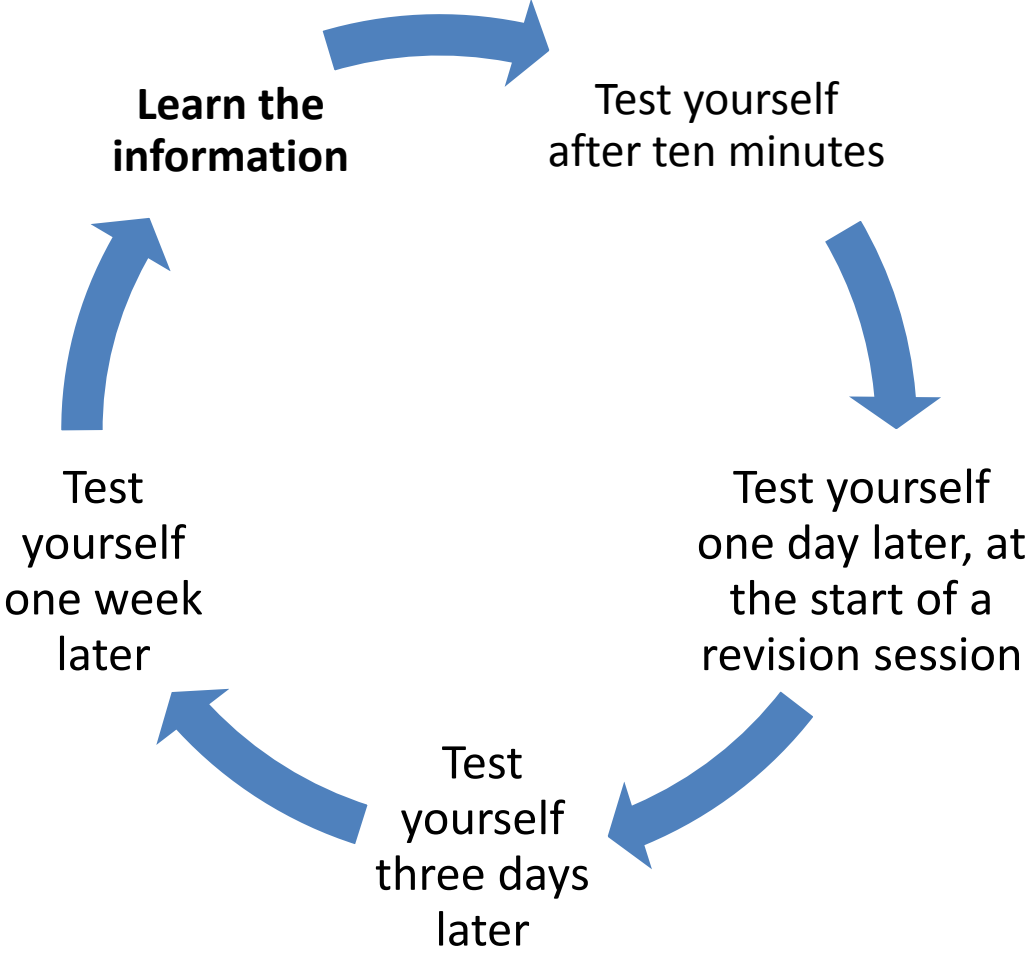
Please write down the cards in the order you
remember

How to remember

- Understand the info
- Change the info
- Look at the info in different ways
- Re-visit the info
- Apply the info
- Create your own mental cues



Tony Buzan's revision cycle



Mnemonics

- These are visual images, rhymes, songs or stories that you make up to trigger memories through association
- You have to make them work for you
- The more bizarre, the better
- They make information unusual and/or meaningful

Acronyms

- JPEG – Joint Photographic Experts Group
- RADAR – RAdio Detection And Ranging
- SCUBA – Self-Contained Underwater Breathing Apparatus
- UNICEF – United Nations International Children’s Emergency Fund
- WHO – World Health Organisation

Extended acronyms

Sergeant Major Hates Eating Onions

Great Lakes of North America:
Superior, Michigan, Huron, Erie, Ontario

Help Five Policemen To Find Ten Missing Persons

Bones of the lower limb:
Hip, Femur, Patella, Tibia, Fibula, Tarsals, Metatarsals, Phalanges

Try it: extended acronyms

1. **Volts = Amps x Resistance** (Ohm's Law)
2. **Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus, Neptune, Pluto** (order of planets (and one dwarf planet!) from the sun)

Turning numbers into sentences

HOW I WISH I COULD INNUMERATE PI EASILY

(3) (1) (4) (1) (5) (9) (2) (6)

Try it: turning numbers into sentences

1. PIN – 3316
2. Passport number – 154244625

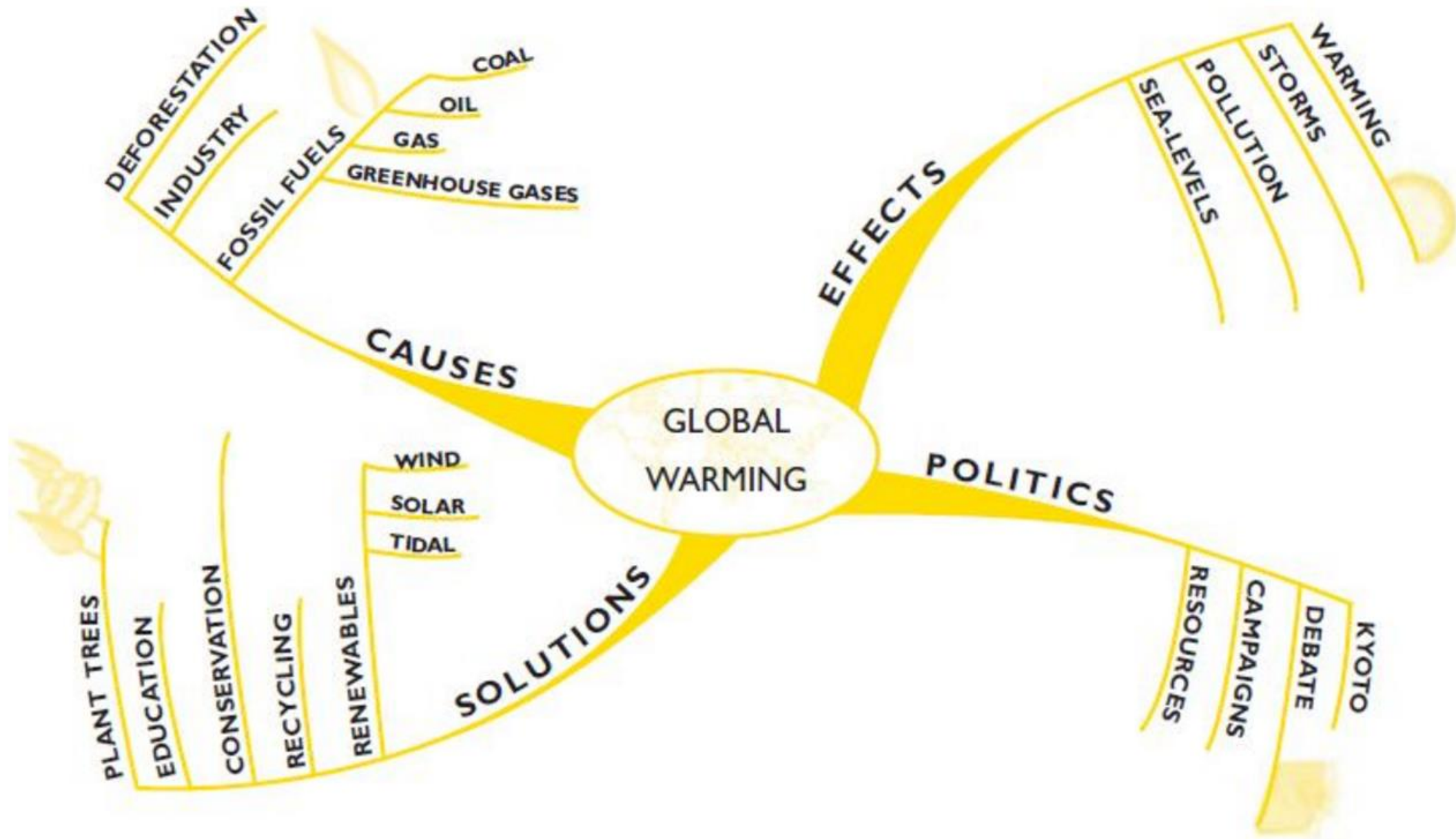
Building a 'memory palace'



Mind maps

- Good for re-organising notes & seeing connections
- The actual act of creating them may be a memory trigger
- Build a mental picture
- Also good for planning answers to exam questions
- Put up round your house/ room





Other techniques

Anything that you use?



Finally... three top tips

1. Use the stairs

Utilise your journeys up and down your stairs or along your hallway by pinning up revision cards

2. Set yourself condensing challenges

At the end of a revision session, challenge yourself to compress everything you know about a topic into three bullet points or one index card

3. Sleep & eat well

At night our brains process what we've learned. Get plenty of sleep during revision and exam periods

Conclusion & evaluation

- What will you take away from today?
- Please fill out an evaluation form
- For further help book a 1-1: asc@contacts.bham.ac.uk
- Good luck with your exams...show them what you can do!

Spot quiz

1. What is the four digit PIN?
2. What is Ohm's Law?
3. What is the order of the nine planets from the sun?
4. What is the passport number?