

Memory

You have 2 types of memory.

What are they?



1.

Memory

The objective for studying is to get information to your long term memory. One of three things must happen for this to occur.

What are these 3 things?



2.

Memory

2 types of memory:

Short term memory (STM) gives you the ability to remember information for short periods of time, usually less than 24 hours.

Long term memory (LTM) allows you to remember information forever.



Memory

3 ways to move information to your long term memory:

1. Senses and emotions
2. Repetition and Rehearsal
3. Organization Principles



Memory

Senses and Emotions

What does it mean to use senses and emotions to help get information to your long term memory?



3.

Memory

Repetition and Rehearsal

How can repetition and rehearsal help me move information to my long term memory?



4.

Memory

Senses and Emotions

This is the strongest mode to have information go to your long term memory. Sensory and emotional information goes directly to your LTM and bypasses your STM.

Input systems include taste (think of tasting a lemon), smell (fresh baked bread), touch (sandpaper vs. velvet), hearing (fire sirens) and strong feelings such as fear, grief or joy.



Memory

Repetition and Rehearsal

A second way to move information to our LTM is to use *repetition and rehearsal*.

Examples of information most of us keep in our LTM due to repetition and rehearsal include social security numbers, special phone numbers, or birthdays.

Actors in a play use this method to prepare for their performance.



Memory

Organization

How can organization help me move information to my long term memory?



5.

Memory

Ways to organize information

What is a Mnemonic (ni-mon-ik)?



6.

Memory

Organization

Organization principles help move information to your LTM by creating relationships, using sequences, and creating order.



For example, using mnemonics.

Memory

Mnemonics

Mnemonics are memory devices or tricks to help you remember specific information. You can make up your own!!

There are 4 different types of mnemonics:

1. New words
2. Creative sentences
3. Rhymes and songs
4. Special Systems (using visualization, creating relationships of new information to something you know, or creating unusual associations).



Memory

Mnemonic Examples

Are NASA, radar, and scuba all mnemonics?

What does JEL stand for?



7.

Memory

Mnemonics

Can you think of a song or rhyme that has been used for centuries to teach us a basic fact?



8.

Mnemonic Examples

YES! They all use the new words method.

NASA: National Aeronautics and Space Administration

Radar: radio detecting and ranging

Scuba: self-contained underwater breathing apparatus



JEL—the 3 branches of the government.

Judicial, Executive, and Legislative

Mnemonic Examples

Songs and rhymes:

“In fourteen hundred and ninety-two, Columbus sailed
the ocean blue,”

“Thirty days hath September....”



Memory

Mnemonic Examples

Can you make up a mnemonic to help you remember the order of the planets?



9.

Memory

Caring for your brain

What are some things you can do to take care of your brain (and thus your memory)?



10.

Memory Mnemonic Example



Creative Sentence:

**M Very Earthly Mother Just Served Us Nine
Pizzas.**

Mercury Venus Earth Mars Jupiter Saturn Uranus Neptune Pluto

Memory



Caring for your brain:

1. Get enough sleep and exercise. Oxygen is food for your brain.
2. Eat right—practice choosing foods with good nutrition.
3. Use it! Condition your brain by doing puzzles and games, reading, solving math problems, storytelling)
4. Be motivated to learn—you must have a reason to remember.
5. Think positive! Use positive self-talk. This helps your attitude and openness to learning.

Memory

Tips

Can you think of some additional ideas that will improve your ability to remember information?



11.

Memory

More Memory Tips



12.

Memory Tips

1. Talk about assignments with classmates and teachers.
2. Learn from the general to the specific, main idea to the details.
3. Use logical orders—lists, outlines, categories, sequence.
4. Connect new ideas to previously learned material.
5. Be motivated—write down your goals and keep them in mind.
6. Don't study longer than an hour without taking a break.
7. Learn information the first day; review it each of the following days until the day of the test.
8. Make studying fun and humorous.
9. Use associations and mnemonics.



Memory Tips

1. Visualize as much as possible.
2. Study in the best spot for you.
3. Relax.
4. Recite and repeat. Say it out loud.
5. Sift out what you don't need to remember.
6. Over-learn your weakest subjects, vocabulary, mathematics, spelling.
7. Use positive self talk. Say "I will remember this," or "I am really good at studying."
8. Teach it to someone else.
9. Chunk the material.

