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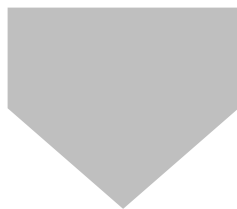
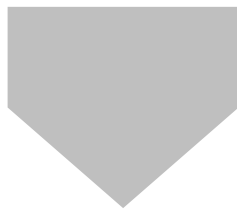
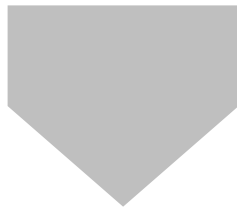


MEMORY & MNEMONICS

A GUIDE FOR THE FORGETFUL WORKBOOK



How we remember





Do you do any of these things?



1. Try and study notes in bed or lying down?
2. Try and memorise notes with music /TV on?
3. Study in blocks that last more than 50 minutes?
4. Study when you feel sleepy, tired or bored because you feel like you need to get it done?

Tip 1

Remove distractions



Tip 2

Active learning state



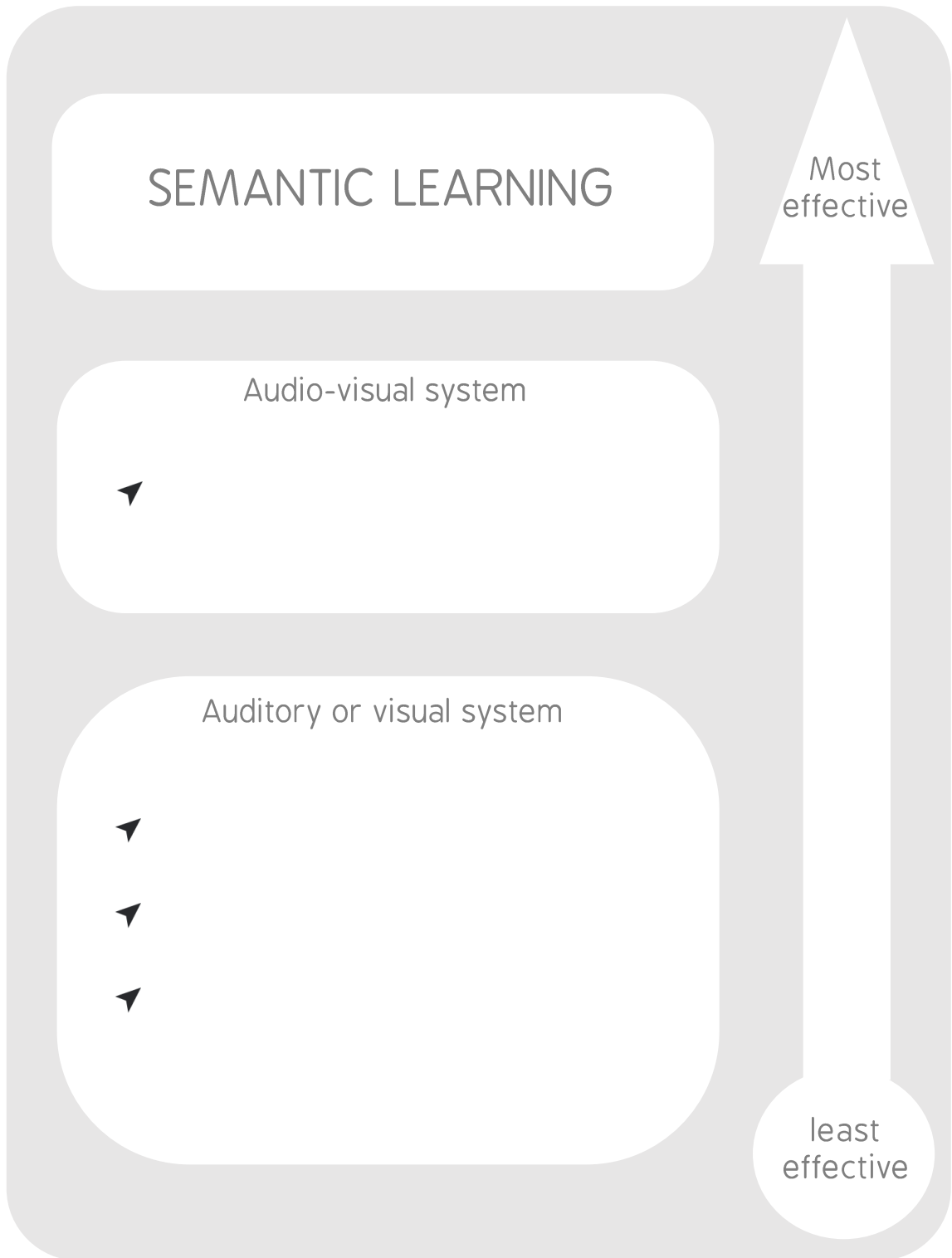
Tip 3

Zones of effectiveness





There are 3 main ways to encode information:





Semantic Learning Techniques

Semantic
learning =

1

1 =

6 =

2 =

7 =

3 =

8 =

4 =

9 =

5 =

10 =

2

3





Useful ways to speed up memorisation

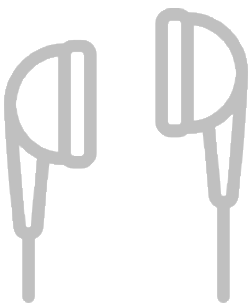


Learning a language? Label your house! Get a sticky-note pad, and write the translation of many objects in your home and stick them around: your fridge, the mirror, the door (everything). Your home will become an interactive set of notes.



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



1

➤ Recognition =

➤ Recall =



2

Disruption

