Goals/Teachability Index/Rules

Goals

Unless you know what you where you want to go, how will you know when you have got there.?

My main goals are: -
Being able to remember people's names.
Being able to remember dates (historical)
Remembering tings I've alread learned.

Teachability Index

This is an indication of how effective this course is going to be. It is a simple equation.

It is:
Desire to Learn (between 0 and 10) x Willingness to change (between 0 and 10)

Mine is 8 x 8 = 64

These techniques are not new, there are over 2000 years old.

They are based on how your brain naturally functions.

Don't judge the process, judge the results

Ground Rules (section 1, lesson 4)

No notes

Note that it is the start of a journey - you will get better.

Requires regular use - no complicated revision timetable.

Have fun, less stress is better for memory.

Rule of Seven / Memory is Perfect

Rule of Seven

Working memory can hold 7 +- 2 items/numbers

Our brains are hard wired to remember the start (primacy) and end (recency) of lists.

So if you have a long piece to remember - you will more than likely remember the first bit and the last bit. If you split this up into several chunks you are more likely to remember the first bits of each chunk and the last bits of each chunk - thus you'll remember more.

Your attention span is around 13 minutes - so if you have a 1 hour revision session - you are best splitting it up into 4 x 14 minute chunks.

Your attention span is like a cup, once you start remembering stuff - it starts filling up - once it is full - it flows over and you disregard the bits that spill out

Memory is Perfect

Every person you have met, every book you have read is in your head somewhere.

Finding the information is the key.

Proof: If you have given a list of 20 numbers. You might night be able to remember every number - but if prompted - was this in the list - you will probably remember them. Not only do you know what was in the list but also everything which was not on the list.

The trick is recalling the information not storing it.

Association

Association

Your memory works in images all the time.

If you are given a list of things to remember, the trick is to associate them with a list you already know - for example - a list of numbers.

If you associate something with the number 1, when you think of number 1 - the image of the item will appear in your head.

You associate an image with the number - the image does not have to make sense - and you can think of as many as possible. You have to picture the image in your head - make the association.

1 <picture of a head of a unicorn> - 1 horn
2 <power outlet> - 2 pins of a power outlet
3 <tricycle> - 3 wheels
4 <truck> - 4 wheels
5 <hand> - 5 fingers
6 <beer> - 6 pack
7 <hockey stick upside down>
8 <spider> - 8 legs, 8 eyes
9 <jersey with number 9 on it>
10 <dime> - 10 cents
11 <chopsticks>
12 <dozen roses>
13 <black cat>
14 <gold> - 14 carat
15 <dollar sign> - looks like a 1 and 5
16 <candles> - birthday
17 <wizard> - age becomes a wizard in Harry Potter
18 <golf green> - 18 holes
19 <sauna> - age to enter sauna
20 <dart in dartboard>

All you are doing is creating a trigger

After 10 - have a break - do a review

After 20 - have a break - do a review of last 10

Do a mental pretest of all 20 - if you have difficulty with one - skip it - move on.

You will find that you can recall these images in any order - think of 16 and you'll think of a cake - then candles

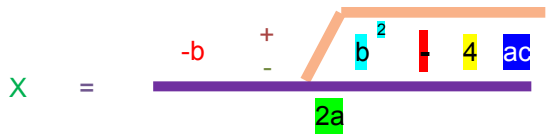
Stress affects memory siginificantly.

Chain of Visualisation

Basically - you create a story - the story does not have to make sense or follow normal laws or rules. The mind remembers stories better.

I was driving a quad bike (quadratic equation) when the handlebars turned into an axe (X) going over railroad tracks (=) shot an arrow at a bee (-b) who was wearing a t-shirt (+) and shot another arrow (-) I took cover in a shed (sqr root) there was another fat bee wearing a tutu (b^2) who shot an arrow (-) I ran into a 4x4 (4) and turned the air conditioning on (ac) I drove over a long bridge (divided by) and bumped into 2 apples (2a).

quadratic equation...



Pros are that it is fun, quick and fast but not practical if you are talking to someone. You can't get to the 7th item easily - if you miss an item - the story falls apart.

Good for driving directions and mathematical equations.

Mental Filing System

Basically this is **FIG**. File/Image/Glue.

File, anything can be a file, files are static, they can move around - you don't know where they are stored - this is the trigger - this is typically the thing you know (like the numbers in the Unicorn list).

Image, Your brain thinks in images, this is the thing which pops into your brain when you think of the file. It is easier for your brain the recall an image. You just have to convert what you want to remember into an image.

Glue, this is the tricky bit - it is the thing which links the File (the trigger) to the Image (what you want to remember. You metaphorically glue the image to the file. Glue works with Action/Emotion.

The trick is to use as much glue as possible.

Try to make the image stick to the file with lots of action/emotion. Does the image move in a silly/strange way, is the image crying, laughing.

For example if you wanted to stick a tricycle to a file (say, a foot), you could have the foot kicking the tricycle and the tricycle blowing up or getting bigger and rolling over the foot. Whatever makes the image memorable will work.

Filing Systems

Body

This is where you pick 10 parts of your body to act as the files.

For example....
Soul, Shin, Leg, Bum, Tummy, Ribs, Collar Bone, Mouth, Nose, Forehead

The good thing about this is that you always have a visual representation (you just look at yourself).

Also - these words actually represent the 10 basic phonemes.
Soul (S), Shin (Sh), Leg (L), Bum (B), Tummy (T), Ribs (R), Collar (C) Bone, Mouth (M), Nose (N) , Forehead (F)

You can use any part of your body - even more - upto 15 or 20 - but these are good to remember the phonemes.

Remembering a shopping list.

Oil, File: **Soul**, picture a foot stamping/slipping in a pool of oil.
Avocado, File: **Shin**, picture lots of avocados getting split into on your shin
Walnut, File: **Leg**, tie walnuts to your leg, have walnuts bouncing off your leg
Salmon, File: **Bum**, have salmon swimming out of your bum, a salmon in your back pocket
Spinach, File: **Tummy**, have leaves of spinach tucked into your belt
Blueberries, File: **Ribs**, have squashed blue berries on your ribs
Beans, File: **Collar** Bones, have a tin of beans pouring over your collar bones
Brocolli, File: **Mouth**, having brocolli growing out of your mouth.
Superfruit, File: **Nose**, Banana with red cape and an S flying out of your nose
Teapot and **yogurt** and **vitamins**, File: **Forehead**, Teapot filled with yogurt and vitamins balancing on top of your head.

Mental pre-test at 5 and 10, think about the file and say "what is happening here" and the image should pop up.

If you get stuck skip and move onto the next one.

At least you know all your files and you know if one is missing. Simply change the image and use more glue.

As you can see you can double or triple items up.

You can do this without writing anything down - simply think of an image, glue it on the next available body part.

Long term lists, recall the list**1 hour later, 1 day later**and then**1 week later.**

Nutrition

The brain needs certain foods to function properly...

Omega 3, coats your sunapses and protects then helping you remember things.

Foods high in Omega 3 are: Walnuts, Salmon and Sardines.

Antioxidents, such as blue berries help reduce free radicals and protects your brain.

Probiotics help your digestive system.