

Train your Brain like a memory champion as

①

Firstly what is ~~mnemonic~~ mnemonics :

→ Firstly mnemonic is used to remember information, i.e. it's a shortcut

eg. take the following mnemonic

↓  
learning technique to retain, remember or retrieve information from memory

eg. ① technique: Sentence:

My Very Educated Mother Just Served Us Noodles

M	—	Mars
V	—	Venus
E	—	Earth
M	—	Mars
J	—	Jupiter
S	—	Saturn
U	—	Uranus
N	—	Neptune

OK Plants in order from sun:  
- same as before. (!)

(2)

But now we have to remember twice as much:

- 1) sentence
- 2) and Name planets?

But that's why they work

~~But we go~~  
⇒ Remember we first need to store, then retrieve

Recalling <sup>(retrieving)</sup> information <sup>(names of planets)</sup> is easier,

when it is connected to  
other information we already know  
(sentence)

The ones (information) with more connections,  
is less likely to be lost,  
and thus easier to recall

∴ "linking new information to an information network"

⇒ linked to Deep Processing

∴ with mnemonics, you make more of the connections [it's that simple]  
[know as memory hacks]

② technique: Keyword

⇒ this is used when you need to learn a new language

∴ learn foreign word, and how it sounds, by connecting the word to English keyword

(~~eg in Spanish~~)

⇒ then English keyword is linked to strong visual image

[to recall what new keyword means]



eg. In Spanish you learning new word:

④

~~Be~~ Perro [means Dog]

, then use keyword: PEAR

∴ Visual Image: Dog holding Pear in its mouth.

OR

~~use keyword~~ trying to remember what the word  
melancholy [mean]

, use keyword: SAD melon.

if you a more spacial learner, then use:

③ Technique: { Method of Loci } [~~Los~~]

— where you create a kind of "mind palace"

Step 1

— learn set of location eg. cycling Caddle, and  
understand eg each landmark to  
denote a sequence.

Step 2: Create mental picture (visual image)  
of what needs to be remembered

eg. 4 aspects for biological cause  
for Alzheimer.

① Alzheimer starts in hippocampus  
(Visual image): Hippo camping

Now important: we need to encode (Visualize)

[no associate] each item [first aspect]  
at a significant location on our "location" <sup>route</sup> encode

won't work, it must be visualized

hippo camping at start of Coelle <sup>route</sup> [at Riverside]

Step 2 ② Reduction in neurotransmitter  
ace tyloholine <sup>neurotransmitter</sup>

hitting first incline, and speed getting <sup>radio</sup> reduced. <sup>acid opens with ace in, when pup choline)</sup>

③ Neurofibrillary Tangle → "neuro" = tells  
↳ to hully as route tangle

⇒ going up first real incline to road  
get tubs tongked route to top

④ Plaque forming on neurons  
⇒ as you get to top, the Bumps are  
painted.  
("neuro" = painting the bumps on  
road and sits on it")

ol retake:

① Altheimers start in hippocampus  
a hypo is sitting in a tent

② Reduction in neurotransmitter acetylcholine  
at first hill & slow down as there  
was man playing fiddle, listening  
to radio, at hill with Ace and in hotel checking at  
choir

③ Neurofibrillary Tangles  
as a go up tangle hully ②, a  
man playing fiddle is telling us  
to hully Clinton



④ Plaque forming on neurons

As get top, passing over painted bumps  
in road & meet "New Ron"

③ technique: chunking:

organise information into chunks

eg to remember 178 2014

1782 2014

Break into two for chunks so it sounds like years  
(easier to store and recall)

⇒ the larger the chunks of connected information

all these methods can also be COMBINED

Why ~~is~~ this working:

For non-visual things, the brain is poorly  
developed.

⇒ As soon as you attach visual  
properties to information, it can  
recall better.

8  
so use method of Loei (spacial), we  
piggy Backing over on Cognitive System  
that's well tuned over notion of geom

∴ Visualization into special representation

∴ How to remember names: let say "Karen"

⇒ best single at particular trait of Karen,  
which may be her hair, eg. orange

person having hair as carrots and  
masking on it.