



Memory Assistance

The memory intelligence co-dependency

“Loss of memory has never been proved, we only know we cannot recall on demand.”
Fredrick Nietzsche.

Memory - it's all about efficiently connecting the known to the unknown. Before a computer file can be stored, it must be given a label. When a drawer is made, it is always given a handle. No handle means inability to recall, which means loss of info and memory blanks when recall is needed. Please note, even your retention of this course is only going to be as good as your willingness to properly hook it to what you already know (processing). More input needs more uptake. All effective teaching must move from the familiar (known) to the unfamiliar (unknown). (By the way, it takes 8 minutes for light to reach the earth from the sun, did you know that?) Now how could you hook it?) If this known - unknown connection isn't properly made, the teaching will simply not be effective. Before teaching anything to your children or students, first teach them how to operate their memory, or every class might only succeed in further damaging their confidence in their own intellect. Do you remember all those tests you flunked in school? Well, did anybody ever tell you they weren't testing just your ability, but also how well you understood your memory - how to recall under pressure. Today there are untold numbers of people whose years of effort at school succeeded in convincing them of just one thing - they are stupid. The resultant loss of self-confidence is then set to kill off their curiosity and enjoyment of learning, for a lifetime. (See also 'Beating the Dumb Lie') Not a good outcome for all the years of devoted effort by their school teachers was it? It only takes one belief to put your brain to sleep permanently, and "I'm too dumb to handle it" is one such belief. 'Tests and test failures just proves my inadequacy' is another.



Four Methods to Memorisation - which one is your major? Test: how do you recall important facts and phone numbers, names etc that you don't want to forget? Do you have a system?



- 1. Auditory** I like to listen, in my mind, to make it rhyme, line by line.
Make me proud, repeat aloud, I'll leave the room on a verbal cloud.
Better for you to simply listen than make copious notes. Get the mp3.
Put it to music. Learn by rote to begin with. One more time, make it rhyme.

- 2. Visual** I need to see it, like a painting or drama unfolding in front of me in full colour, with symbol, visualisation, picture, diagram or icon. No picture in the mind = no memory of it. Draw your doodles and turn the notes into diagrams. Use highlighters to make pivotal truth stand out.



- 3. Kinaesthetic** I have to do it, act it out, touch it, or teach it to someone else, before I'll get it myself. "Let's stop talking now, and just it" works best.



- 4. Comprehension** If I understand the philosophy behind it, I can re-figure it whenever necessary. Give me the big picture / principles so I can see how it all fits together. The handle on this drawer is usually a key word or concept that unlocks all. (For Einstein, it was the vision of a man falling off a building who no longer feels his own weight - the first of his famous thought experiments that led to his special and general theories of relativity.)



Examples of memory hooks

When learning 'port' and 'starboard' - There is a little red port left in the glass : Daylight saving - Spring forward, Fall back : The Three Cedar species : Colours of the rainbow - ROY G BIV : Medical terms - Hypo and hyper : Spelling; I before E except after C, if the sound is E (now officially renounced - it doesn't work): Piano scales; Every Good Boy Deserves Fruit. Light takes 8 (0/0 minutes to reach earth from the sun and 3 seconds from the moon to the earth. 4 terrestrial (rocky) planets followed by 4 Jovian (giant) planets - 2 of gas and 2 frozen. Agapanthus umbellatus becomes 'Aggie the panther' was really just a humble artist.



The hook is of course only temporary until the memory comes naturally. So, first hook it and handle it – and only then try to store it -then you'll have it when you need it. (Just why you still might not bother to do this, in spite of having done this lesson is quite another matter isn't it? After all, it will take a tiny amount of effort, and is it really worth it? Plus it will challenge the well-entrenched 'dumb' lie won't it, if you start scoring 100%. Are you ready for that?)

But the most important factor of all is graduated recall / revision. Memory that is quite short term lasts just a few hours if not recalled during that time. Medium term - recall / revise it within 7 days. Long term; revise it a month or so later and periodically after that. If you don't revise, it will probably fall out of your memory over-night; or even by lunch time.



Question: What does your mind do when tested - search for the information or flood with echoes, panic and give up immediately, telling you it simply isn't there? It's time to dig some new grooves, or go on serving the 'dumb' lie. Which will it be? Hopefully you haven't made friends with being 'dumb' yet. It may be a familiar feeling, but familiar doesn't make it accurate does it? By the way, how long does it take sun-light to reach the earth, and how did you remember that?

In Summary

- a) Connect with it, however you can. (Become aware of and deal to any fears and distractions your mind is pre-occupied with. Unbearable feelings stalking do not make for a safe learning space.)
- b) Hook it for recall to something already known.
- c) Revise / recall it over graduated intervals.
- d) Score 100% recall in every test, or begin your career as a professional quizzier.