

Hello everyone, my name is Vasiliy and today I would like to talk to you about the benefits and disadvantages of using mnemonic techniques, specifically visual imagery. Mnemonic techniques can be a useful when it comes to improving your memory, and visual imagery is one of the most effective methods. And today I will try to prove it.

Plan of my presentation you can see on the screen. We will talk about basic principles in first part and after that will discuss about benefits and disadvantages of visual imagery technique.

My presentation will take about 3-5 minutes and you can interrupt me for asking the questions.

Let's start with common information about mnemonic techniques and answer following questions: why we using the mnemonic techniques, what does it consist of, how to use it.

1) The human brain has a limited capacity for storing information, which can make it difficult to remember everything we need to. However, by using mnemonic techniques such as visual imagery, we can improve our memory and recall information more easily.

2) Visual imagery involves creating mental images that represent the information you want to remember. This technique can be especially useful in academic or professional settings where there is a lot of information to remember.

3) To use visual imagery, start by identifying the key information you want to remember. Then, create a mental image that include that information in a memorable way

Moving on the second part and say about benefits of visual imagery.

One of the main benefits of using visual imagery is that it can help you remember information more easily and recall it quickly. Additionally, visual imagery can be a fun way to engage with information, making learning more enjoyable.

Finally, let's talk about disadvantages. While visual imagery can be a powerful mnemonic technique, it may not be effective for everyone and it may not be practical for all types of information, such as abstract ideas. Also, it needs some time for come up with imagine and pin it in the head.

So, summarize all of it, I would like to say that visual imagery powerful way to control your memory, it really can help you to boost mind.

In conclusion, I say the Albert's Einstein interesting quote: "Why would I memorize something when I can easily look it up in a book".

That's all I wanted to say. Thank you for your attention.

