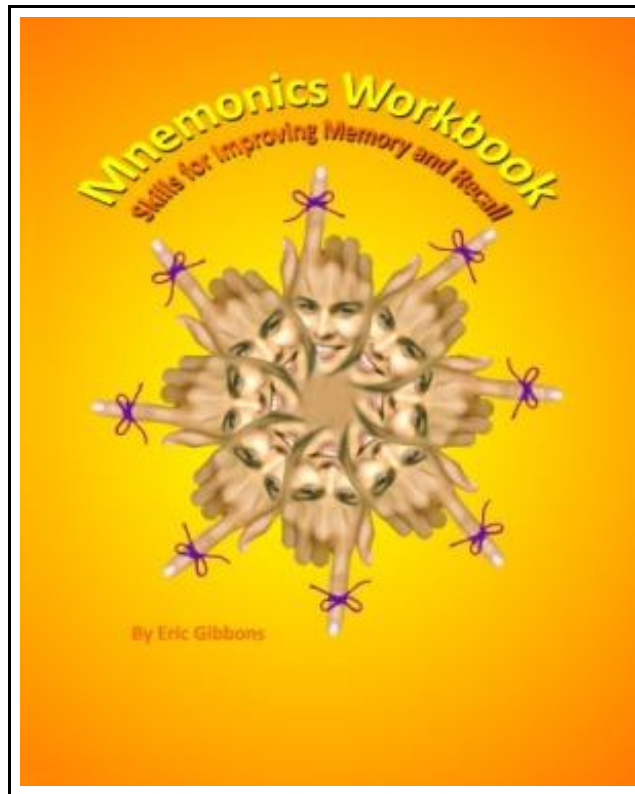


Mnemonics Workbook: Skills for Improving Memory and Recall



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Reviews

A high quality pdf as well as the typeface applied was exciting to see. It really is written in simple words and phrases rather than difficult to understand. You will not really feel monotony at any time of your time (that's what catalogs are for relating to in the event you question me).

(Robyn Nolan)

MNEMONICS WORKBOOK: SKILLS FOR IMPROVING MEMORY AND RECALL

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Createspace, United States, 2011. Paperback. Book Condition: New. 248 x 198 mm. Language: English . Brand New Book ***** Print on Demand *****.As a high school student I became more and more easily distracted and my grades suffered. I received my first F as a sophomore. Though I could blame bullies for some of the distractions, they really were not an excuse for the study homework I struggled with. Quite luckily my mother had returned to college about this same time and was taking a psychology class about memory. The topic of mnemonics caught her attention. As a creative kid who loved art classes, my mother recognized that as a visual learner, this might be helpful for me. She helped me understand three main techniques and my grades went from C s and D s to A s and B s. Even in college I used these techniques to study. I even did an exchange to Japan in 1988 and they used mnemonics to help foreign students learn Japanese. These techniques tend to work best with visual learners; people who have vivid imaginations, maybe like to doodle a lot, remembering things visually. I was one of those kids that could always remember a face, but never the name. I could remember if I read something and it was on the right or left page. As a visual learner mnemonics was a perfect match for me. If you take your time and remain patient, the benefits will be remarkable. I am now able to memorize lists of information. I would say I can memorize 50 items and recall them in order or tell you what the 32nd item was too. With a little creativity these lists can help you study for quizzes, tests, exams, or even a grocery list. Though numerical...

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