“Thinking About Thinking”

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93832 CMNS 101 Fundamentals of Communication

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**Outline**

**Title:** “Thinking About Thinking “.

**Topic:** How to improve a personal memory.

**General Purpose:** To inform audience about lifestyle and methods that can be used for improving personal memory.

**Specific Purpose:** After listening my speech, the audience will know how to use the technique for organizing process of learning.

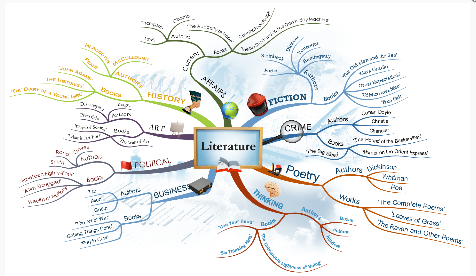
**Speech Outline**

1. **Introduction**
2. **Attention Getter.** Today I would like to speak about learning process…
3. **Thesis.** We all can organize our study more efficient, five steps process can make learning more efficient.
4. **Body**
5. **Lifestyle**
6. **Nutrition**
7. **Physical exercising**
8. **Day Schedule**
9. **Importance of sleeping**
10. **Memory Improving Technic**
11. **Method of LOCATIONS (Cicero)**
12. **Method of MIND MAPS**
13. **Method of STORYES**
14. **Example of Memorization the Numbers from 0 to 9**
15. **Example of Memorization the PINCODE**
16. **Conclusion (Transition Statement)**
17. **Summary**
18. **Clinch**
19. **Works Cited**
20. **Introduction**
21. **Attention Getter.** Today I would like to speak about learning process. Cognitive science, neurobiology, educational psychology, all this words represents the branches of science that studied process of learning. We were expected to learn, but rarely taught to learn. Based on the latest research learning takes a lot more than text on page. Do you know what turn your brain **ON**? Usually our brain is **OFF**. There is no reason to save a boring thing. Inside each brane exist the “NOT IMPORTANT” filter. All routine, ordinary, normal things are sorted for garbage. How do we study. Average student does sheer repetition. Everybody knows that it is possible to learn and remember even the dullest of topics if you keep pounding the same things in to your brain. Whit enough repetitions your brain says, “OK, this information does not feel important to me (your brain) (remember, we are speaking about intrapersonal communication between you and your brain), but because you are pouching me looking over and over and over at the same thing, to avoid this self-torture with boring, I will hold it in memory.” How does your brain know, what is important? The answer is simple: everything that represent potential danger or reward in your life. Suppose you’re out for a day in Baltimore and there is a tiger jumps in front of you. Suppose tiger escape the Zoo. Neurons fire. Emotions crank up. Chemical surge. And that how your brain knows…This must be important! Do not Forget it! Now imagine you’re at home, or in the library. It is safe, warm, tiger free zone. You studying to get ready for exam. Your brain does not want spent limited resources of memory on this dull information. This information on the emotional Richter scale equal to zero attitude. And the battle of repetition begins. How to tell your brain, “Hello body! No matter how dull this is I want you to remember this information”. This is a million-dollar question.
22. **Thesis:** We all can well organized our study, FIVE steps process can make learning more efficient. There is some technic to facilitate process of memorization. Drink water. Have a good sleep. Eat a diverse product as fish and rice, do not it a lot of white bread or sugar. Reduce unrelated stress. Use pictures. Converting text to visual causes your brain to try to make sense of how the picture relate to the worlds. This causes more neuron to fire. More neurons firing helps your brain to decide that this is something worth to pay attention to, and possibly recording. Try to represent the same context in multiple ways. Try to find a couple of different opinions or examples about this context. Create something related to the context, as questions, exercise. Make the important information that you need to memorize the last thing you read before bed. The transfer from the short term memory to the long term memory happens after you put the book down. Your brain need some time to process the information. Do not put in something new during that processing time, some of what you just learned will be lost.
23. **Body**
24. **Lifestyle**
25. **Nutrition.** Brain, accounting for only 2% of body weight, consumes about 20% of energy. One of the most important biological functions of the brain - helping a person in search of food. Brain activity depends on how a person is hungry. A full stomach calms the brain and drowsiness occurs. Before we tackle the important task, do not eat dense, easy hunger stimulates mental activity. Drink enough fluids. Dehydration drastically reduces mental and physical performance. To maintain a high tone of the nervous system in the diet should be: proteins, complex carbohydrates and healthy fats.
    * + - 1. Protein (yogurt, nuts, eggs, fish); Proteins are necessary for any living organism, their lack of a feeling of fatigue and slows the recovery process.
          2. Complex carbohydrates (bread, rough, unprocessed cereals, durum wheat pasta); Carbohydrates provide energy to the brain. But it is not recommended to use large doses of sweets. From rapid intake of sugar in the blood glucose concentration is increased for several minutes. But then quickly release of insulin lowers glucose and brain power problem is not solved. The fact is that the brain cells cannot do stocks. They take carbohydrates from the blood and if blood carbohydrate level is low, they are starving. Far better to eat something rich "long" carbohydrates. Rough bread, unprocessed rice, beans, etc. Glucose of these carbohydrates goes into the bloodstream gradually, so it is better absorbed and nourishes the brain for a long time.
          3. healthy fats (seafood, olive oil, salmon, sardines or herring, avocados).

As the nervous system cells by 60% consist of fats, the fats do not try to exclude from the diet. Of course, not useful any fatty foods. Hydrogenated fats (margarine) harm nerve cells, preventing the removal of these wastes. Try not to eat solid vegetable fats and products based on them. Unrefined vegetable oils, in contrast, are useful. They clean the blood vessels and improves cerebral blood flow.

* 1. **Physical exercises**. The value of exercise for mental health is widely recognized. First, physical education classes contribute to well-being. Secondly, the movement of the blood supply improves body, including the brain. Strengthens blood vessels, their elasticity is retained. Enhances the ability of the body to the rapid mobilization. Thirdly, regular stress from physical exercises normalize level of hormones, improve emotional state and relieve stress.
  2. **Day Schedule.** Some psychologists argue that the natural circadian rhythm of humans is approximately the same: in the morning, after sleeping, activity is high, it is reduced in the evening. Not to shoot down the natural rhythm of the body, do not deviate from the usual routine in the weekend. When there is no need to get up early the next morning, the temptation to go to bed late is strong enough. Try not to succumb to it. First, come every day, and go back to the early awakening it will be difficult in a few days. Second, you risk wake the most productive hours of their personal time.
  3. **Importance of sleeping.** The quality of sleep depends on the ability to memorize. There is a hypothesis that the perceived treatment per day and its information in long-term memory consolidation occurs during sleep. Experiments show that during sleep are fixed not only learned the day of knowledge, but also the complex motor skills. Get enough sleep is a prerequisite for effective teaching and training people of all professions. Sometimes the accumulated fatigue leans sudden sleepiness. For such cases, there is a special reception. Sit back and get some sleep for 20 minutes, but no more. Immediately after falling asleep the brain goes into a shallow sleep - a condition which can be clearly seen on the EEG by fast enough theta rhythms. In this phase of sleep a person wakes up easily. After about 20 minutes of sleep a deep sleep comes with a predominance of slow delta rhythms. The man woke up in the slow phase of sleep, he kept coming around and then feels sluggish and frustrated

1. **Memory improving technic.**
   * + 1. **Method of LOCATIONS.** Cicero, concluded that, in order to capture in memory a list of items, it is necessary to form their mental images and place in an imaginary space. The order of places will preserve the order of stored items.
2. **Method of MIND MAPS.** For a visual representation of the data structure suitable smart card technology developed by British psychologist Tony Buzan. Mind maps are indispensable when you need to quickly learn a new area of knowledge related fragmented information to find relationships between seemingly independent facts.



1. **Method of STORYES.** To use story methods, you build the associations from object to object. If there is a list to be memorized, you need to make up a story. The story will begin from image representing the first word to the next.
   1. **Example of Memorization the Numbers from 0 to 9.**  Many people find it difficult to remember numbers and numbers. Probably, it is the most abstract information. During the evolution of Homo sapiens, people begin to start talking about 50 thousand years ago, and after they begin writing 6 thousand years ago. The mathematic come up 3 thousand years ago. The numbers are much less tangible, less real, than the words and names. To make them more specific and, therefore, easier to remember, you can transcode them intoimages.  
      To get started, simply represented of decimal digits as images. Encode numbers can be different. One of the options - the similarity of form with the shape of the object. For example: 0-donats, 1-candle, 2-swann, 3-cloud, 4- yacht, 5- crane hook, 6-water melon with tail, 7-door knob, 8-bike, 9- candy on a stick. Right now to remember the number, you can simply write and imagine a story about it, encode each figure by a related image.
   2. **Example of Memorization the PINCODE.** Suppose that you need to remember PINCODE of the banking card - 4837. Of this number, you can write the following story. By sea sailing yacht (4). Due to its calm sail sagged, and to somehow move the sailors lowered into the water bicycle wheel (8) and hard to pedal. But then next to them floated a cloud (3) to the door handle (7) on it. The sailors threw pedaling, grab the handle, and the boat is sailing. The technique of memorizing numbers using substitute images are the same universal principles of mnemonics work: Abstract numbers are encoded into visual images submitted; images are linked with each other through history; the absurdity of the stories work their imprint in the memory.

