

MNEMONICS

Mnemonics can increase memory by 40% or more.

1. Draw a picture.
2. Group terms/ideas into chunks of information: 1492 1976
Organize Information
3. Make bizarre associations:
Pharo = Bird (Spanish) Sounds like park-car-o
Visualize my car parked filled with birds.
4. Give things meaning. Using associations and relationships make the term have meaning for you.

Cognition
(Cogs in gear wheels turning in the brain)
5. Relate to other knowledge.
 - a. Incorporate new material into a larger picture
 - b. Connect things so they are familiar
6. Use other senses.
 - a. Give rhythm to something you're trying to remember
 - b. Use a rhyme
 - c. Music/Song (T.V. commercials take advantage of the strong memory push that song gives)
 - d. Use pictures
 - i. Drawing pictures as in 1
 - ii. Associated images in 3
 - iii. Mental walk-picture walking along a familiar route with ideas you wish to recall posted on landmarks along the way
 - iv. Chained ideas-images tied together with string
7. Reminder systems.
 - a. First letters of each word in a phrase spell the word you want.
 - b. Words, sentences, names made from the first letters of syllables of a list of terms (EGBDF-Every **G**ood **B**oy **D**oes **F**ine for the musical scales)
 - c. Finger games
 - d. Other connections-anything goes

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