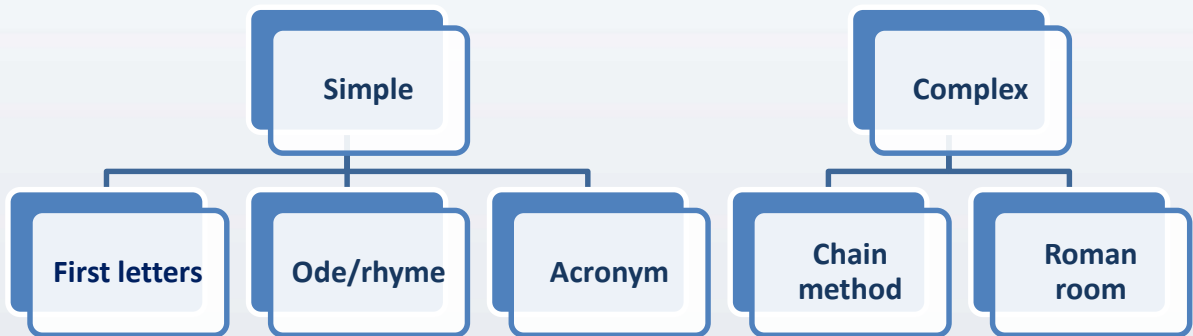


Mnemonics and memory techniques

Mnemonics are methods to remember any information in a very fast way, after one repetition. These methods are universal and can be used in any area of life.

Mnemonics are artificial memory systems that you can use to code and retrieve the information by using visualization, association and focusing attention. Those techniques bring action and emotion into boring facts. In fact your mind does not remember the original information but the images and association and from them retrieves the original fact.

Types and Examples of mnemonics



First Letters

Take first letters from the sequence you have to memorize and create some funny sentence out of them. For example if you try to memorize compass directions:

North, East, South, West → NESW → Never Eat Soggy Waffles



Or bones of the wrist:

Scaphoid bone, Lunate bone, Triquetral bone, Pisiform bone, Trapezium (bone), Trapezoid bone, Capitate bone, Hamate bone → SLTPPTCH →

- Some Lovers Try Positions That They Can't Handle
- She Looks Too Pretty Try To Catch Her



Acronym

An acronym is a combination of letters where every letter is associated to an item you need to remember. You can create an acronym in a form of a real, common word or something understandable only to you. For example in US school, students are taught to use the acronym HOMES to help them remember the five Great Lakes (Huron, Ontario, Michigan, Erie, Superior).

If you are to memorize *Picornia viridae* members:

Poliovirus, Echovirus, Enterovirus, Coronavirus, "R'novirus" (Rhinovirus), Hepatitis A you can get **PEECORnA** (Picorna is pronounced 'pee-corna')

Ode/Rhyme

An Ode or Rhyme Mnemonic puts information you have to remember in the form of a rhyme.

For example if you are to distinguish between cyanide (poison) and cyanate :

Cyanide " **I died.** ", Cyanate " **I ate** " „

Or if you are to remember the nerves: **O**lfactory, **O**ptic, **O**culomotor, **T**rochlear, **T**rigeminal, **A**bducens, **F**acial, **A**coustic, **G**lossopharyngeal, **V**agus, **S**pinal accessory and **H**ypoglossal.

On **O**ld **O**lympus' **T**owering **T**ops, **A** **F**inn **A**nd **G**erman **V**iewed **S**ome **H**ops

Chain Method or Mnemonic Link System

Mnemonic link system is a method of remembering lists of items that is based on creating a story containing the an association between the elements of that list. The story should be easier to remember than the list and involve all senses. When creating the story try to find associations between the items (first with second, second with third, etc.), then use your imagination to see, feel, hear, smell or taste what happened. Use your first associations and create your own stories. For example, when memorizing the list (mouse, envelope, seven, yarn, window), you could create a story about a „mouse stuck in an envelope was mailed to happy seven cats playing with yarn by the window".

The Roman Room

The Roman Room technique is an old but very effective way of remembering unstructured information where the relationship between items of information is not important. It works by imagining a room that you know very well (e.g. your living room or kitchen). Within that room are objects. The technique works by associating images with those objects. To recall information you imagine taking a tour around the room and inspect the objects, by remembering the the known objects you also recall the images associated to them.

