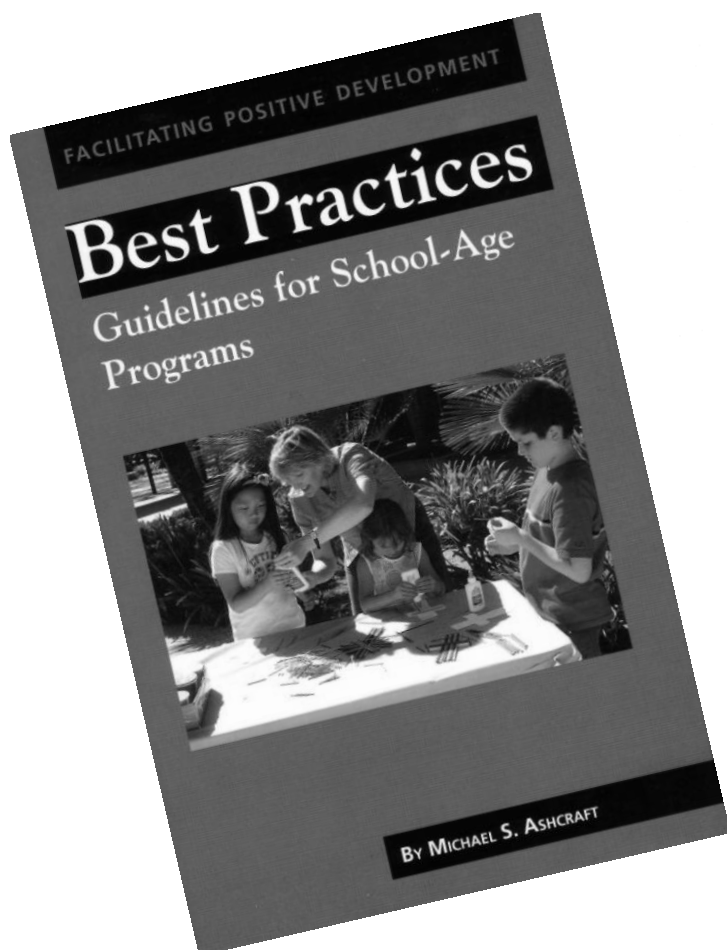


Total Recall

Mega Memory Mind Muscle

Fun Memory Enhancing Techniques!

Presented by **Chelsea Ashcraft &
Mike Ashcraft,**
Founders and CEOs of



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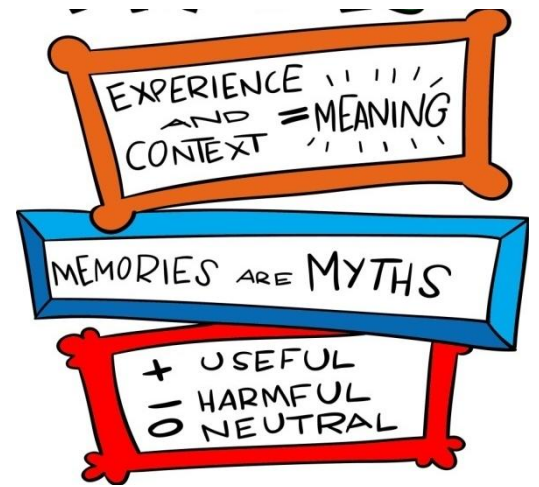
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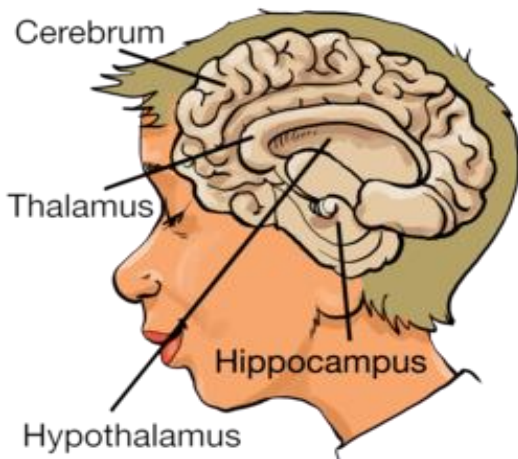
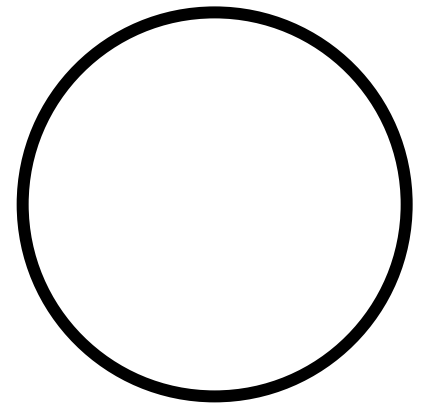
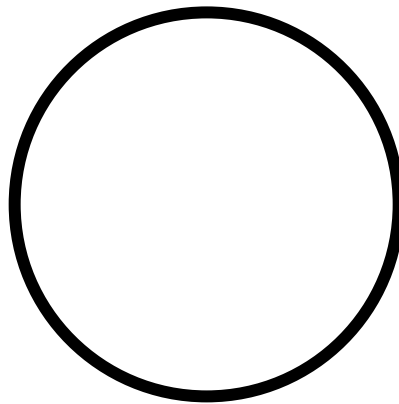
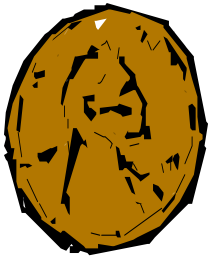
Available from School-Age Notes and
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Exercise: List of “Sweet Items” = Memories are Malleable



Penny Quiz

- UNITED STATES OF AMERICA
- LIBERTY
- E PLURIBUS UNUM
- ONE CENT
- 1998
- IN GOD WE TRUST?
- IMAGE ON FRONT?
- IMAGE ON BACK?
- D



Hippocampus = Found deep in the temporal lobe, crescent shaped. Strongly involved in learning and memory formation.

Favorite Mnemonics

Most of us know Righty Tightly, Lefty Loosey (opening and shutting valves); and Spring Forward & Fall Back (changing the clock). and acronyms like: Roy G. Biv, (colors of the rainbow); and Every Good Boy Does Fine (lines in treble clef); All Cows Eat Grass (spaces in the bass clef); and Rhyming enhances a mnemonic device. Here are some good examples.

30 days hath September,
April, June and November,
but all the rest have 31,
except when February comes.
For it has 28 days clear
and 29 in each leap year.

In fourteen hundred and ninety-two Columbus sailed the Ocean Blue.

"i" before "e," except after "c," or in sounding like "ay" as in "neighbor" or "weigh."

These are all classic examples of mnemonic devices - brain short-cuts that are connected ways for the brain to remember a term or a list of items. Health officials know that the public will never remember Acquired Immune Deficiency Syndrome so they just call it AIDS. Here are nine of our favorites. Make it ten! Create your own mnemonic devices for something you want to teach, or try having your learners create their own mnemonic devices for something you want them to remember.



HOMES

My Very Eager Mother Just Served Us Nine Pizzas

RICED

May I have a large container of coffee?

Never Eat Sour Watermelons

C is for C'ya

**Hang Tight from the.....
Might reach the.....**

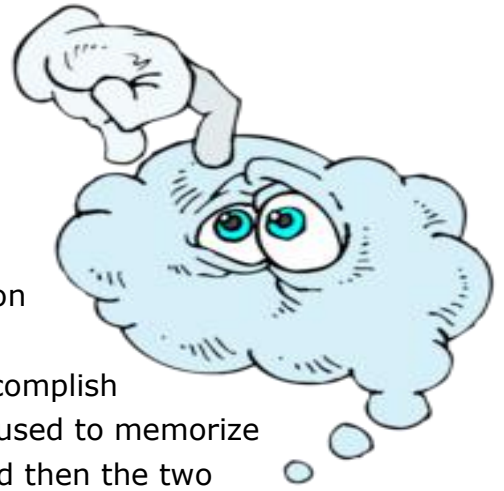
Please Excuse My Dear Aunt Sally

Washington And Jefferson Made Many A Joke

Other?

Visualization and Guided Imagery

Everything happens twice, once in the mind and once in reality. Olympic Athletes benefit by visualizing an action before performing it. Even the magnificent Blue Angels Fighter Squadron sits in a room and visualizes its routine prior to getting into the airplanes. Try having participants visualize what they wish to accomplish and then stand back and watch them accomplish it. Imagery is used to memorize pairs of words very often. An image is created for each word, and then the two images are connected through mental visualization. (Benjamin, Hopkins, & Natio, 1994.p.267)

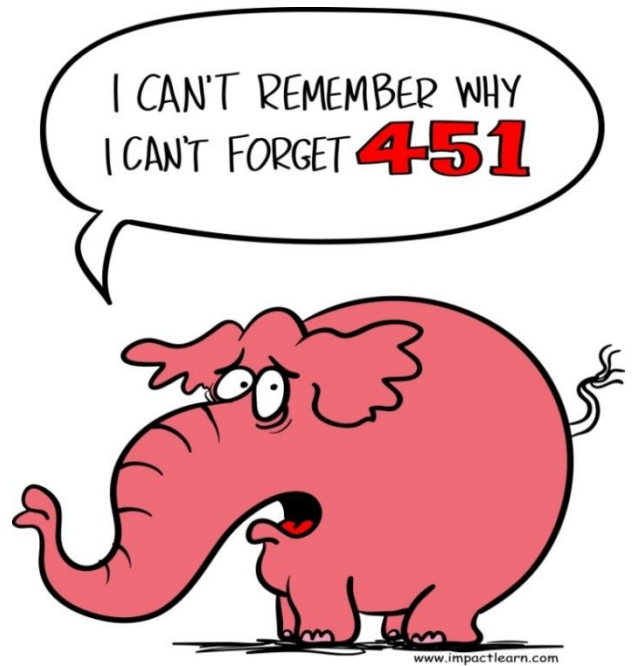


Imagery is a great way to improve your memory. The more vivid or startling you can create the mental picture, the more likely you are to remember whatever it is you are trying to remember. Imagery is used as a part of several more complex mnemonic devices, such as the method of loci, or the peg system. Ancient Greeks understood the power of imagery as a memory aid.

Room Method or Method of Loci

The Method of Loci is a mnemonic device that dates back to Ancient Greek times. Greek orators would use this method to help them memorize speeches. In order to use the method of Loci, first imagine a place with which you are familiar. There are several possible places you could use. You must be able to identify several locations within that one place. It is best if these locations can be given a logical order, such as clockwise, or top to bottom. Here are some examples that would work:

- Place: your house
Various locations: rooms in the house
- Place: your room
Various locations: objects, such as your bed, your desk, the closet, etc.
- Place: a baseball field
Various locations: players' positions
- Place: Your ride/drive to work/school
Various locations: stores or landmarks you see along the way.
- Place: Your body
Various locations: head, nose, shoulder, etc



Once you have identified your place and inner locations, you are set to go. You go through a list of words and associate each word with one of your locations. You should go in order so that you will be able to retrieve all of the items for sure. "Visualize room or route familiar to you... place each item to be remembered in a location along route, and "pick it up" as you take a mental walk around that room."

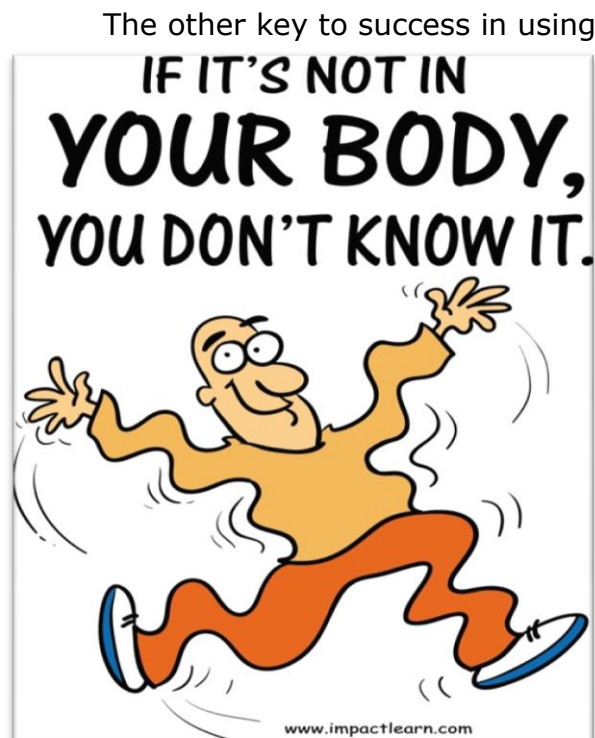
Pegboards

This is a picture of a portion of a real pegboard we have in the garage at home. Every tool has its own spot or hook on this pegboard. I could find any tool I need in the dark because I remember it's place on the pegboard.



The peg system is good for memorizing an ordered list of words as well as the specific numbers associated with the words. (Benjamin, Hopkins, & Natio, 1994.p.268) One key to success in using the peg system is visual association. In order to use the peg system, you must first memorize a list of pegs. You could substitute your own words if they are easier for you to remember or to visualize. The following technique involves creating a pegboard for your mind...

Movement



The other key to success in using the peg system is movement. One of the strongest memory systems in the brain is procedural memory which involves the use of the body in learning. Things that you learned while your body was moving are long remembered, e.g., driving a car or riding a bike. When participants are moving around the room to get into small groups to discuss your content, they are strengthening their memory for the information. Often when someone is having trouble memorizing the peg, they will remember the movement first and then the name/meaning of the peg will follow. We will use this technique along with imagery to help the pegs stick to your brain! Beware – participation may cause you to look silly!

1. Sun
2. Eyes
3. Triangle
4. Stove
5. Fingers
6. Sticks
7. 7-Up
8. Octopus
9. Line
10. Big Fat Hen

11. Picket Fence
12. Eggs
13. Black Cat
14. Love
15. Fame
16. Drive
17. Magazine
18. Vote
19. Remote
20. Vision

Now that you have a pegboard in your brain, you can hang things you want to remember on them. The pegs will always be the same. Because your peg list is associated with a set of numbers, you will be able to easily associate each new word with a number. Match each of these items with the list of words you want to remember using imagery.

Why would you want to remember a list of specific words? There are several possible uses for this method. If you have a list of things to do, you can give each item on your list a keyword that will help you remember the whole concept.

For example: If you have to write an entry in your journal for school, the word "journal" should help you remember that, then associate it with the sun by visualizing a journal burning up in the sun, or an image of a sun on the cover of your journal. You also have a geometry assignment due tomorrow; think of large, colorful geometric shapes and associate it with eyes – triangles in place of your eyes. Let's say you also had to walk the dog. Perhaps "leash" would be a good keyword to associate with a triangle. This method could also be used for a grocery list, or for remembering, for example, the list of presidents. If, however, the list of words is longer than twenty, you must come up with and memorize a longer reference list.



Linking & Schema Theory through Storytelling

Watch a speaker or a minister begin to tell a story and notice that everyone is listening. This is because stories provide a script for people to link information to in their memories (Markowitz & Jensen 1999). Begin and end your training session with a true story and capture the attention of all learners, especially if the story is emotional.

Story List

Statue,
Book,
Torch,
Man,
Drill,
Soap,

Coins,
Padlock,
Trailer,
Limo,
Mike,
Black Shoes,

Vest,
Big Black Hat,
Madonna,
Polka Dot Bikini,
Letter,
St Bernard,

Fur Coat,
Big Bone,
Lion,
Palm Tree,
Statue

Schema Theory:

Countries in Mid East "Turkey slipped in Greece, wasn't too Syrius, so Iran over to help him, Iraqed my brain, ...etc

Linking List

Feather,
Snake,
Belt,
Cup,

Eyeglasses,
Building,
Comb,
Scissors,

Cuff Links,
Elephant,
Lampost,
Coin,

Briefcase,
Tree

Expert List

Oscar & Felix,
Far Away & Distant Land,
Conduct Boston Symphony,
March 15 1844,
Stop in Name of Love,
Pet Pretty Kitty,

Seratonin & Dopamine,
505-296-2880.
No Way Jose;
Tickle Giggle & Smile;
Gun Fight at OK Corral,
1,492,362,436;

Quadratic Story



Mineral Hardness Scale

Here's one more list to remember. This is the last one, it's a real one. You don't need the exact word as long as you say the real word outloud a number of times (this is key); your brain will trigger memory of what the real word is when you say "Gipsy"

Mineral Hardness Scale Story: Talcum Powder (Talc) on Gypsies (Gymsum), went to California (Calcite) and Florida (Florite) where OldPals (Opalite), at Fieldsports (Feldspar), drink Quarts of Gatorade (Quartz), Topless (Topaz), Playing Corn Drums (Corundum) wearing Diamonds (Diamond).

