

Memory techniques: 2

Visualisation

- Use images to help you remember
- Assign a picture to each sentence or part of a sentence

E.g.

L'affiche =
poster (in
French)

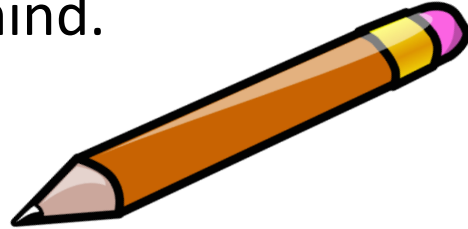


Top tips for using *mneumonics* to remember your text:

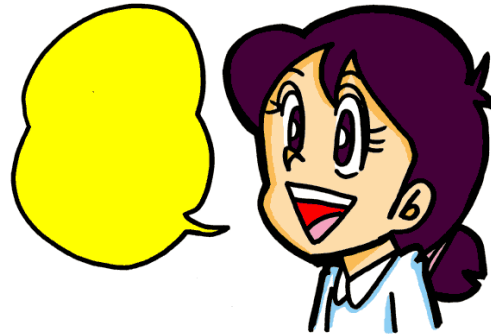
- Use **positive, pleasant** images.
- Your brain often blocks out unpleasant ones.
- Use **vivid, colourful, sense-laden** images - these are easier to remember than drab ones.
- Use **all your senses** to code information or dress up an image. Remember that your *mnemonic* can contain **sounds, smells, tastes, touch, movements and feelings** as well as pictures.
- Give your image **three dimensions, movement and space** to make it more vivid.
- You can use movement either to maintain the flow of association, or to help you to remember actions.
- Exaggerate the **size** of important parts of the image.
- Use **humour!** Funny or peculiar things are easier to remember than ordinary ones.
- Similarly, **silly (or rude) rhymes** are very difficult to forget!
- Symbols (red traffic lights, pointing fingers, road signs, etc.) can code quite complex messages quickly and effectively.



A Try thinking of images for the next paragraph of your text. Remember to make them as vivid and unusual as possible so they stick in your mind.



B Speak your text through with these pictures to prompt you. Take a 3 minute break.



C Now see if you can remember your text by just thinking of, or looking at your images.

