

Learning Mnemonics: Can You Really Hack Your Memory?

Note that the word mnemonics should be pronounced /nəˈmɒnɪk/, the first "m" is silent

Watch the video and answer the questions:

1. The sentences *My very educated mother just served us nachos* is actually a learning strategy. How does it work?
It's a mnemonic device used to memorise the order of the planets in our solar system.
2. Why might some people not like this strategy?
It's seems like you have to remember twice as much, for example a weird sentence and the names of the planets.
3. In which context is the film 'Inside Out' mentioned? What do the memory orbs symbolise?



We can see memory as a kind of information storage, like files in a filing cabinet or the shelves of orbs in 'Inside Out'. After storing the information, we recall it later.

4. When can recalling information be easier?
Recalling can be easier when information is connected to other information that we already know.
5. What is the web of files? How does recalling information work? How is it connected to levels of processing?
*The web of files is all the information we have. The files are connected to each other. The more connections there are, the less likely they are to be lost. There is surface-level processing and deep processing.
Mnemonics help you make more of these connections, which consequently leads to deeper processing and eventually helps you recall information more easily.*
6. Which memory hacks are mentioned in the video? Are they universal to everyone?
 - keyword method – *connecting how a new word sounds to a keyword in English (or your native language). It's also helpful to create a strong visual image that helps us recall what the new word means*
 - method of loci – *creating a mind palace where mentally walk in the rooms of a building or some other familiar space. Along the way, you can visualise things like symbols that represent key points for example in a speech you're going to give or meeting the U.S. presidents in order. It's argued that it's not good to memorise one fact at a time – instead we should connect the new information to other things we've learnt*
 - chunking – *organizing the information into chunks that make sense, eg. instead of trying to remember one long number, we can divide it to separate chunks of meaningful numbers*

Not all memory hacks are good for everyone – it all depends on many factors, like your preferences or the subject you study. The key is to know that mnemonics exist, try them out and finally realise which work for you.