











# Memory Principles

## TOTAL SUCCESS MEMORY GAME



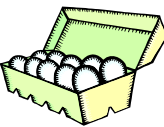







By Brent Evans

<p><b>1. Sun</b></p> 	<p><b>80/20</b> Not everything is of equal importance or effect. The right 20% of effort or input produces 80% of the desired target &amp; can create the “tipping point” that abruptly brings a goal within reach.</p>	<p><b>6. Sticks</b></p> 	<p><b>Attention</b> Often, when we claim we forgot something, the real truth is we never learned or “got” it in the first place. We can only pay attention to one thing at a time. Learning is an active process &amp; requires directed effort.</p>
<p><b>2. Shoe</b></p> 	<p><b>Intent</b> Short-term memory is designed to throw away unneeded information Unless we tag or code something as important to remember, our memory system will discard it.</p>	<p><b>7. Heaven</b></p> 	<p><b>Mnemonics (Memory Tricks)</b> Specialized techniques that boost memory performance. <b>Example:</b> To remember months with 31 days, make a fist &amp; as you recite the months, touch one knuckle, then space between, then next knuckle. When you reach the 4<sup>th</sup> knuckle go directly back to first knuckle &amp; continue. Each of the knuckle months have 31 days!</p>
<p><b>3. Tree</b></p> 	<p><b>Association</b> Relating what you want to learn to something you already know. That is why <b>analogies</b>, <b>metaphors</b>, &amp; <b>examples</b> are so powerful. (Example: a principal is a <b>pal</b>, but a principle is a rule.)</p>	<p><b>8. Gate</b></p> 	<p><b>Patterns</b> Find the pattern, rule, or underlying principle in material and you will learn it easier. For example: 1133557799 is easier to learn and remember if you recognize the pattern than if you just tried to remember it.</p>
<p><b>4. Door</b></p> 	<p><b>Meaningfulness</b> How easy something is to learn and remember depends on how meaningful it is to the learner.</p>	<p><b>9. Dine</b></p> 	<p><b>Organization</b> How useful would a dictionary, phone book, or encyclopedia be if it wasn't organized in some way? The same with your brain. The more you organize information as you learn it, the easier it will be to remember it.</p>
<p><b>5. Hive</b></p> 	<p><b>Serial Position</b> Items or information at the beginning and end are easier to remember than ones in the middle.</p>	<p><b>10. Hen</b></p> 	<p><b>Spaced Repetition</b> Unless a learning experience is combined with unusually great emotion, it needs to be reviewed or renewed a number of times before it becomes part of our useable long-term memory.</p>

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<p><b>11. Goal Posts</b></p> 	<p><b>Rhymes</b> Rhymes and poems are easier to remember than prose. Centuries ago information was preserved and passed on largely through poems, songs, and stories. "In 1492 Columbus sailed the ocean blue."</p>	<p><b>16. Dance</b></p> 	<p><b>Acronyms &amp; Acrostics</b> <b>Acronym:</b> Word made out of the first letters of the items to be remembered. H-O-M-E-S helps remember the names of the GreatLakes. <b>Acrostic:</b> The first letter of words in a phrase or sentence aide recall. Healthy Old Men Exercise Some.</p>
<p><b>12. Egg Carton</b></p> 	<p><b>Context</b> Relating what you learn to where you were when you learned it helps you recall it.</p>	<p><b>17. Dice</b></p> 	<p><b>Feedback</b> The more immediate the better. Feedback helps us maintain interest, is rewarding, and directs us to adjustments that need to be made resulting in improved performance.</p>
<p><b>13. Witch's Broom</b></p> 	<p><b>Interest</b> You pay attention to and are more likely to remember what you are interested in. Will-power by itself is usually not sufficient to maintain attention if interest is lacking. Find an interest.</p>	<p><b>18. Vote</b></p> 	<p><b>Visualization</b> Images are usually easier to remember than words. Particularly powerful is to associate the meaning of words with a visualization involving interaction.</p>
<p><b>14. Floor</b></p> 	<p><b>Familiarity</b> The more you know about a particular subject the easier it is to learn new information about it. It is like a magic suitcase. The more you put into it the more you can put into it.</p>	<p><b>19. Protest Rally</b></p> 	<p><b>Confidence</b> Unless we have confidence we can remember something, we won't do what is necessary to effectively do so. Consider confidence itself will boost memory at least 5 to 10%.</p>
<p><b>15. Bottle</b></p> 	<p><b>Relaxation</b> Too much tension disrupts learning and remembering ability. The optimal learning state is one of <b>relaxed alertness</b>.</p>	<p><b>20. Twins</b></p> 	<p><b>Overlearning</b> It is not enough to "sort of" know something. Go beyond where you think you know something and overlearn it. Such a strong foundation will make all further learning easier.</p>