Quiz

• You only have a few moments before your quiz begins.
• It is 10 multiple choice questions.
• Use this time before class to study.
• Oh, and don’t worry about the Gettysburg Address, we’ll talk about that after.
Memory Enhancement

Write Everything In
Answer Me This

• One Sentence, Unless Otherwise Stated
• What is memory?
• Based off your notes, and everything we discussed yesterday, what, in your own words, is memory? (Two Sentences)
• What was your experience with trying to simply memorize the Gettysburg Address? (Two Sentences)
• Do you believe that there is a better way?
• If so, what might that be?
• Did you even get it memorized?
Here are Some BASIC TIPS for helping Memory

• Healthy Diet
• Exercising Regularly
• Low Blood Pressure 120/80
• Staying mentally active
  • The brain is like any other muscle, the more you use it the better it works
• Notice that everything is based off of your body
What Psychologists Say

• There are three basic ideas behind enhancing memory
  • Mnemonics
  • Maintenance Rehearsal
  • Elaborative Rehearsal
  • There Are Others, but these are the most effective
Mnemonics

• Likely the one you are most familiar with this
• Works Fairly Simply
  • Elaborative Encoding
  • Retrieval Cues
  • Imagery
  • Specific cues to encode information in a way which is easy for you to recall
• Think of defragging a computer
Maintenance Rehearsal

• Process of repeatedly verbalizing information (or thinking about)
• Remember short term memory only lasts 20 or so seconds, in this manner it can be pushed to 30
• After pushing it to 30 it can then, over time, keep it in short term memory just a little longer
• However, IT WILL NOT ever go into long term memory storage
Elaborative Rehearsal

• Rather than repeating a word a person considers the meaning
• If you continue to look up the meaning of certain words and phrases that will make you more likely to remember
• It is actually fairly more effective than maintenance rehearsal
Interleaved Practice

- Highly Effective
- Mixing and matching multiple subjects or topics while you study
- This actually forces the brain to make new connections across the gaps within your head.
- We’ll get to what neurons are later
So, With All That Being Said

• One Sentence Apiece

• How did you study last night. How did you try to memorize the Gettysburg Address?

• Do you think that there was a better way?

• Do you believe that straight memorization is actually all that effective in the long run?

• I find that it can be useful personally, but I remember things by being exposed them multiple time over a period of days (which is actually called gapped practice).

• However, What do you think?
Final Writing Prompt of the Day

• Imagine, for a moment if you will, that you are writing to your best friend about memory retention. How would you describe it, and what methods would you suggest to them to help them improve their?