



MEMORIZATION TECHNIQUES

THE LINK AND STORY METHOD

The Link and Story Method are one of the easiest mnemonic techniques which makes it quite simple to remember several items in a list.

To use these methods, just make associations between items in a list (linking each item with an image) and create a story.

Link Method

The Link Method works best if an object is associated to the next item on the list.

Example:

You want to remember the following words:
GRANDMOTHER, HAT, CAR, PIZZA, DOG, YELLOW

Imagine your GRANDMOTHER wearing a big YELLOW HAT out of lemons. Lemons are used to make your CAR smell good. The wheels of your car are as big as the PIZZA you would like to eat. The pizza is full of meat which your DOG likes more than anything else.

Story Method

Make the story vivid and easy to remember. Silly and unusual things that happen are easier to recall.

Example:

You want to remember the following words:
GRANDMOTHER, HAT, CAR, PIZZA, DOG, YELLOW

Here's one story: I visited my GRANDMOTHER yesterday. I took my YELLOW CAR, because she lives far away. On my way I was hungry and I stopped at a restaurant and ate a PIZZA. I think something was wrong with it, because I saw a fat DOG wearing a silly HAT walking by.

THE LOCI METHOD

The Loci Method is easy to use. To remember a list of items or tasks, imagine a place you are familiar with. For example: Imagine your house, the rooms in your house become the objects of information you need to memorize. You can also use the route to your work with landmarks along the way becoming the information you need to memorize.

Associate each word with one of your locations. Remember to go in order so that you will be able to retrieve all of the information in the future.

Example:

You want to remember a shopping list:

- Tomato ketchup
- Oranges
- ...

Imagine you walk into your house and the floor is full of ketchup. After closing the door, you can smell fresh oranges from the kitchen. ...

ACRONYMS | ACROSTICS

An acronym is a word formed from the first letters or groups of letters in a name or phrase. When using this mnemonic device take the first letters of words or names that need to be remembered and develop an acronym.

Acrostics can be used by creating an entire sentence with the first letter of each word you need to recall.

Example:

FANBOYS for the seven coordinating conjunctions in the English language (For, And, Nor, But, Or, Yet, So).

The notes of the treble staff are EGBDF. The common acrostic used for this are *Every Good Boy Does Fine*

Speak with Confidence

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