

Mnemonic Devices

Memorizing Techniques

When to Use It	Technique	Example
<i>For information involving key words</i>	Acronym - an invented combination of letters with each letter acting as a cue to an idea you need to remember.	BRASS is an acronym for how to shoot a rifle-- Breath, Relax, Aim, Sight, Squeeze.
<i>For information involving key words</i>	Acrostic - an invented sentence where the first letter of each word is a cue to an idea you need to remember.	EVERY GOOD BOY DESERVES FUN is an acrostic to remember the order of the G-clef notes on sheet music-- E,G,B,D,F.
<i>For ordered or unordered lists</i>	Rhyme-Keys - a 2-step memory process: <ol style="list-style-type: none"> 1. Memorize key words that can be associated with numbers (one-bun); 2. Create an image of the items you need to remember with key words. (A bun with cheese on it will remind me of dairy products.) 	Food groups: <ol style="list-style-type: none"> 1. Dairy products: one-bun-cheese on a bun. 2. Meat, fish, and poultry: two-shoe-livestock with shoes. 3. Grains: three-tree-sack of grain hanging from tree. 4. Fruit and vegetables: four-door-opening a door and walking into a room stocked with fruits and vegetables.
<i>For approximately twenty items</i>	Loci Method - Imagine placing the items you want to remember in specific locations in a room with which you are familiar.	To remember presidents : Place a dollar bill (George Washington) on the door. Walk into the room and see Jefferson reclining on a sofa and Nixon eating out of the refrigerator.
<i>For foreign language vocabulary</i>	Keyword Method - Select the foreign words you need to remember, and then identify an English word that sounds like the foreign one. Now imagine an image that involves the key word with the English meaning of the foreign word.	In Spanish, the word " cabina " means phone booth. Invent an image of a cab trying to fit in a phone booth. When you see the word "cabina," you should be able to recall this image and thereby retrieve the meaning "phone booth."
<i>For remembering names</i>	Image-Name Technique - invent a relationship between the name and the physical characteristics of the person.	Shirley Temple - her curly (rhymes with "Shirley") hair around her temples.
<i>For ordered or unordered lists</i>	Chaining - Create a story where each word or idea you have to remember will cue the next idea you need to recall.	Napoleon, ear, door, Germany Story: Napoleon had his ear to the door to listen to the Germans in his beer cellar.

Tips to make mnemonic devices that are easy to remember:

- ✓ Use: images, rhymes, sounds like, onomatopoeia, acronyms, anagrams, tunes and poems, stories, numbers, and obscenity and shock.
- ✓ Use humor! Peculiar things are always easier to remember.
- ✓ Use vivid and colorful images in your mind.
- ✓ Make your mental image three dimensional and movement.
- ✓ Relate your image to a familiar symbol.
- ✓ Use all senses to create your mnemonic device.

Advantages of Mnemonics	Disadvantages of Mnemonics
<ol style="list-style-type: none"> 1. They provide a connection to help you recall information that otherwise is difficult to remember. 2. They involve rearranging or reorganizing (chunking) information. 3. They help you personalize the information to use existing knowledge. 4. They allow you to look at information differently and in a creative way. 5. They allow you to spend less time retrieving information from your long-term memory. 	<ol style="list-style-type: none"> 1. They must be practiced and used in a precise manner in order to work properly. 2. They require time to create (which not everyone is creative enough to make up mnemonic devices), learn, and practice them. 3. Overuse can result in confusion and an excessive amount of time reviewing. 4. They rely on repetition instead of actually understanding concepts. 5. They can provide a false sense of security that you know the information well.

Can't think of your own mnemonic sentence for a list of words you have to memorize?? Use:

<http://www.mnemonicgenerator.com>

<http://spacefem.com/mnemonics>

<http://human-factors.arc.nasa.gov/cognition/tutorials/mnemonics>