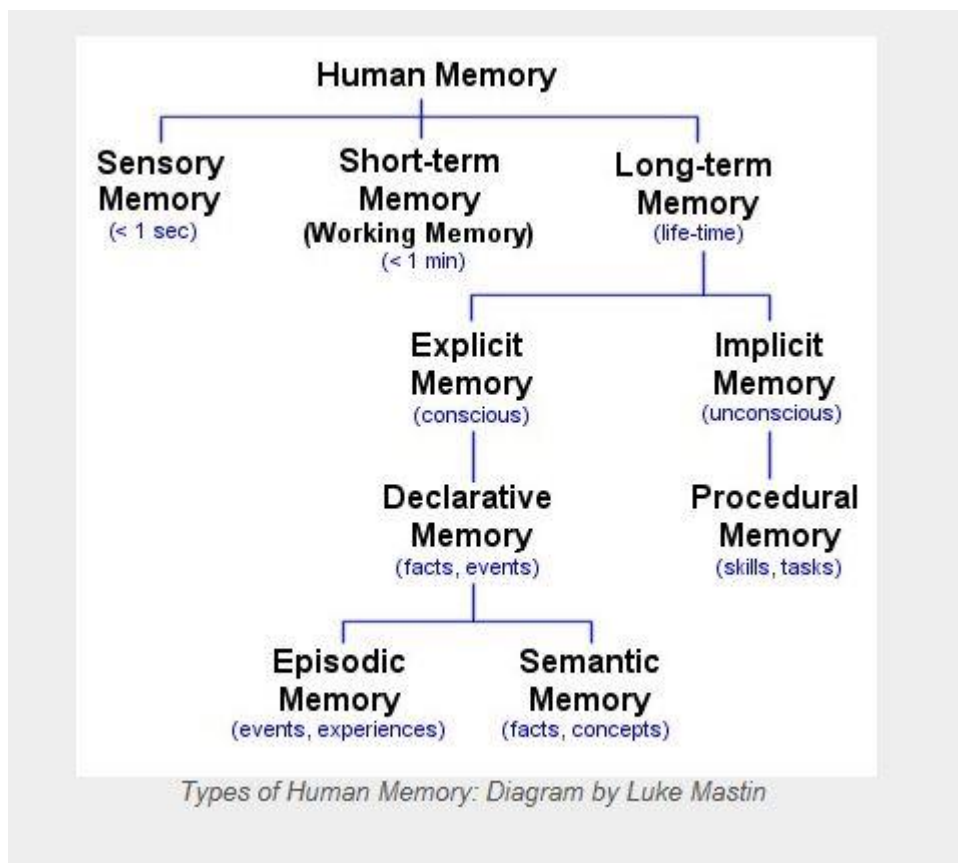


## Success Fair – Memory - T Webster

### What is Memory?

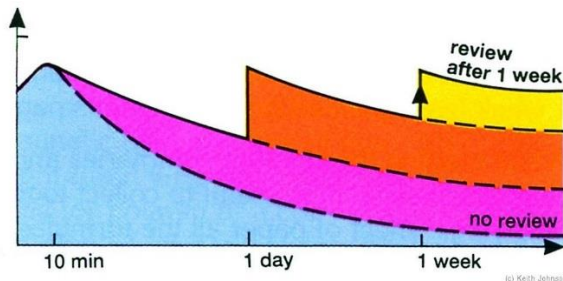
**Encode** (Sound, Sight, Touch, Semantics) –  
**Consolidate** – **Store** – **Recall**

### How do we store memories?

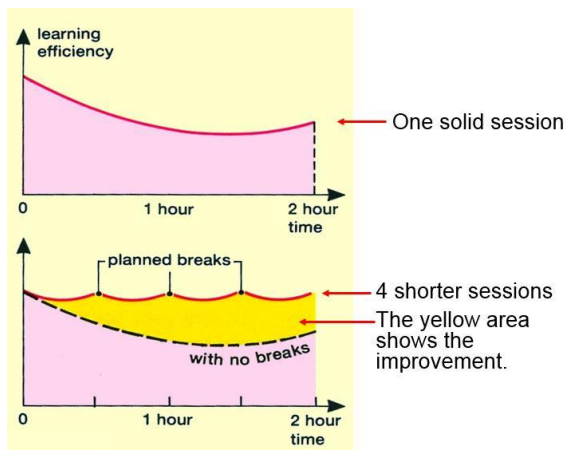


## How do we create strong memories?

1. Emotion
2. Revisiting the memory – tests/quizzes – the 111 rule



### 3. Spaced learning



4. Disfluency – concentration and FLOW
5. Enough deep sleep
6. Reading out loud – the oddball effect
7. Shape method
8. Music
9. Mnemonics
10. Association - Linking to what we already know –  
Location/Loci/Peg methods
11. Write and draw – we remember in pictures
12. Colours to revise with - Red Yellow Orange
13. Alpha state
14. Stand up to revise!
15. Teach to learn

16. Sit to learn

17. Remove external distractions

## How do we retrieve memories?

We reconnect the jigsaw, that we originally built, from various parts of the brain and establish the image in our STM/WM

## Why do we forget?

1. We are distracted at the time of encoding.
2. We don't create a strong enough memory trace at the encoding stage
3. We don't consolidate our learning
4. We don't use some/all of the 17 techniques above!

Try reading this!

Accdrnig to rscheearch at an Elingsh uinervtisy, it deosn't mtttaer in waht oredr the ltteers in a wrod are, the olny iprmoetnt tihng is that the frist and lsat ltteer is at the rghit pclae. The rset can be a toatl mses and you can sitll raed it wouthit any porbelms. Tihs is bcuseae we do not raed ervey lteter by itslef but the wrod as a wlohe.

*"Sometimes you will never know the value of a moment until it becomes a memory."* Dr. Suess

*"We don't remember days; we remember moments."* Cesare Pavese

*"Memory is the scribe of the soul."* Aristotle