

5 SIMPLE TRICKS TO MEMORISING

VISUAL IMAGE

Have you ever heard the saying "a picture is worth a thousand words"?

Our brains are better at remembering pictures than remembering words. A picture is worth 1,000 words.

Associate a visual image with a word or name to help you remember them better. Images that are vivid, colourful, and three-dimensional will be easier to remember.

example:

To remember the name Edmund Hillary and what he's known for, picture a man on climbing a mountain.



ACROSTIC SENTENCE

Our brains find it easier to remember patterns.

Make up a sentence in which the first letter of each word is part of or represents the initial of what you want to remember.

example:

The sentence "**h**e **h**as **l**ong **b**rown **b**ubbly **C**urls, **n**ot **o**ld **f**ashioned **n**eedles" is the first ten elements of the periodic table ... **h**ydrogen, **h**elium, **l**ithium, **b**eryllium, **b**oron, **C**arbon, **n**itrogen, **o**xygen, **f**lourine and **n**eon.

ACRONYM

An acronym is a word that is made up by taking the first letters of all the key words or ideas you need to remember and creating a new word out of them.

example:

Remember the "ROSIE" to remember the different types of triangles ... **r**ight angle, **O**btuse, **S**calene, **i**sosceles, **e**quilateral.

RHYMES, SONGS AND ALLITERATION

Music and rhyming are very helpful to remember things. Just try getting a song out of your head sometimes!

Rhymes, alliteration (a repeating sound or syllable), and even jokes can really help to remember things.

example:

The rhyme "Thirty days has September, April, June, and November" to remember the months of the year with only 30 days in them.

CHUNKING

Don't overload your brain with lots of data. Keep it simple!

Chunking long lists of numbers, words, ideas into smaller, more manageable chunks.

example:

Think about how you remember cell phone numbers ... 027 4546 913, not 0274546913.