Building Memory Skills

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We already met you 30 minutes ago.
Improving Your Memory

• If your memory causes embarrassment, it’s time to do something about it.
• Many people don’t believe it’s possible.
• Try new things and you’ll get results.
Today We’ll Learn:

• Tips and techniques to improve memory
• Mnemonic devices
• Health impact on memory
• Brain exercises
• Visualization
• Chunking
Types of Memory

- Sensory memory
- Short-term memory
- Long-term memory
  - Explicit
  - Implicit
  - Episodic
  - Declarative
  - Procedural
- And many more
Memory Loss

- Transience
  - Memories degrading over time
- Absentmindedness
  - Memory loss due to lack of attention
Mnemonic Devices

• Some mnemonic devices are acronyms.
• Anything to help you remember something is a mnemonic device.
• Even simple acronyms are mnemonic devices.
Acronyms

- We learned many acronyms growing up.
  - My Very Educated Mother Just Showed Us Nine Planets
  - Roy G. Biv
  - HOMES
- Make sure the device is memorable.
- **Music**
  - Presidents song
- **Numbers**
  - Pi story
- **Action Step:** Create 3 mnemonic devices over the next few days.

Other Mnemonic Devices
1. Diets high in cholesterol and saturated fat can negatively affect the brain.

2. Exercise has a positive effect.

3. Some evidence suggests that moderate aerobic exercise increases the hippocampus volume.

4. The more you exercise, the less likely you’ll forget to go to the gym.
5. Poor lifestyle choices that lead to other diseases are also bad for the brain.

6. A good diet for your brain is rich in whole grains, fruits, and vegetables.

7. Include omega-3 fatty acids.
8. Vitamin B deficiency can lead to memory problems.
9. Evidence suggests B3, or niacin, enhances memory.
10. Folic acid is a B vitamin found in leafy green vegetables.
11. B12 is found in foods from animals.
12. Magnesium may be important to learning and memory.
14. One study showed the build-up of new cells in the area of the brain associated with memory.
Sleep

1. Go to sleep and wake up at the same time every day.
2. Keep your bedroom quiet and dark.
3. Follow the same routine every night.
4. Don’t read, eat, watch TV, or talk on the phone in bed.
5. Don’t try to concentrate on falling asleep.
6. If you haven’t fallen asleep after 30 minutes, get up and go to another room and do a quiet activity before going back to bed.
1. Crosswords
2. Word searches
3. Memorize something.
4. Take a class.
5. Read more.
6. Read an article you’re not interested in.
7. Play computer games.
8. Manually dial numbers.
10. Improve your vocabulary.

Challenge Your Brain Daily
11. Use your nondominant hand.
12. Listen to a genre of music you don’t like.
13. Listen to classical music.
14. Use a different route.
15. Avoid hours of TV watching.
16. Don’t skip breakfast.
17. Play board games.
19. Learn a new instrument or hobby.
20. Socially commit.

Challenge Your Brain Daily
Human visualization is a powerful tool for learning and retention. Here are some key points:

- **Humans remember images easier than spoken or written words.**
- **Creating visual images forces you to focus.**
- **Reviewing images reinforces the memory.**
Senses and Memory

• Memories are vivid because of:
  ▪ Repetition
  ▪ Multiple senses are involved.
• Use as many senses as possible.
Association

- Connect, combine, or correlate what you’re trying to remember to something else.
- Associate with something you already know.
- Make it memorable.
- Increase awareness.
- Capitalize on strengths.
- Imagine the benefits of remembering names.
Memory Landscape

• Create points in an area you’re familiar with.
• You can apply the memory landscape to many things.
• **Action Step:** Try using these techniques during your next team meeting.
• Group things together into a larger whole.
• In one study, a volunteer was able to remember an 80-digit sequence.
• Grouping breaks down items into smaller groups.
• Finding patterns is recognizing a pattern to help remember.
• Organizing puts information into groups based on the type of information, such as age groups.
Conclusion

• Resolve to do 3 things differently than you do now.

• “Memory is a way of holding on to the things you love, the things you are, the things you never want to lose.” — Narrator, *The Wonder Years*

• What you do with your memory is only limited by time and imagination.
Welcome to Building Memory Skills Q&A
Thank you for joining us today!