



MEMORY TRICKS

Simple ways to take a memory journey

Your amazing brain!

Look and listen to these words and see how many you remember.

1. Rice
2. Church
3. Fifty
4. Plane
5. Five
- 6 Chips
7. Hot air balloon
8. Pizza
9. Fifteen
10. Curry
11. Bicycle
12. University
13. Burgers
14. Yacht
15. Biscuits
16. Ten
17. Cinema
18. Train
19. Yoghurt
20. Hovercraft
21. Restaurant
22. Twenty-five
23. School
24. Castle
25. Cheese
26. Rollerblades
27. Bus
28. Shop
29. Butter
30. House
31. Twenty
32. Scooter
33. Eggs
34. Lighthouse
35. Car
36. Hospital
37. Forty -five
38. Thirty
39. Thirty-five
40. Forty



How many have you remembered?

How does your brain remember?

- You remember the words at the **beginning** and at the **end**, it's the ones in the **middle** that get lost
 - **why?**
- It helps to make categories of words in your mind - colours, modes of transport, moods etc.
- It helps to make links or associations - **fish, chips, peas, salt and vinegar**
- It helps if words are repeated.
- Some words stand out.
- Some words have strong emotion attached to them, e.g. **'exams'**

Lets do it again, using categories.



Transport

1. Rice
2. Church
3. Fifty
4. Plane
5. Five
- 6 Chips
7. Hot air balloon
8. Pizza
9. Fifteen
10. Curry
11. Bicycle
12. University
13. Burgers
14. Yacht
15. Biscuits
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40. Forty

3,2,1



Final top tips... Pick strategies that work for **you!**

Order/Sequence

Have a look through your notes/books and order or sequence the notes. Place them in a logical sequence so you can see how things progress. You may find a more logical way of seeing things.

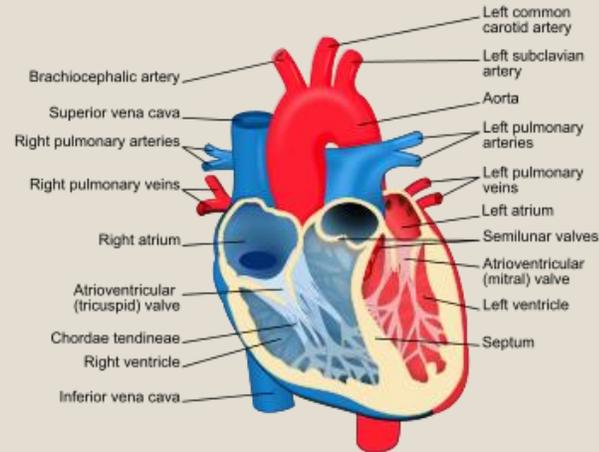
Reading Out Loud

Read your revision notes out loud to a particular rhythm - this could be set by music playing in the background or tapping your foot or by walking calmly and steadily. This is a sort of walk and talk.

Final top tips... Pick strategies that work for **you!**

Images

Change key words in the topic for pictures or symbols or abbreviations.



Mnemonics

M
O
R
G
A
N
C
L
E
G
S

Final top tips... Pick strategies that work for **you!**

Questions

Ask questions before you revise anything. Think about the topic to be studied and take some time out to think about the questions you would like to have someone answer for you. Write them down and as you read through your notes jot down any answers you find.

The brain likes looking for answers. Go and get help for any answers you do not find.

Post-its / Cue Cards

Write information on post-it notes and place them on the wall, door, large sheets of paper etc. You can then rearrange them according to a variety of ideas:

- Group various things together
- Organise them into what you know and don't know - rearrange as you learn more

Practice Papers

- Use them and time **yourself!**
- Use the mark schemes - don't cheat **yourself!**
- Find model answers and compare.
- You absolutely **CAN** do it!
- Visualise yourself in the exam hall.
- **Feel** the nerves and **embrace** them!