

Memory Techniques

The Body Peg Memory System

The Body Peg Memory System is a mnemonic technique that uses your body parts as 'pegs' to help remember lists of words, items or information. First, you assign specific body parts as 'pegs' to link knowledge to.

Next, you need to create strong, vivid mental images linking what you are trying to learn to a part of the body. In the example at the side, if you have to remember 'parrot', link it to 6. shoulder and imagine a parrot flying and landing on your shoulder, squawking at the same time. You can add sounds, colour and detail to make the imagery as strong as possible.

Once you have made the ten links you need to practice them over and over again, but you will find you have a good retrieval strength (*this means you will recall them quickly*) and you have a strong storage strength (*this means you will remember them for a long time*).

Chunking

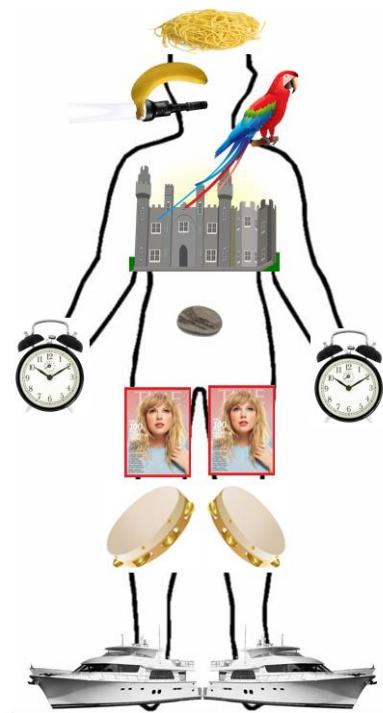
Chunking is important when revising. Instead of trying to remember lots of small, individual bits of information separately, you should group related knowledge together into bigger 'chunks'. You need to think of how to link this information together to make it a single item of knowledge.

Putting information into 'chunks' of three is effective. For example, in Geography you might try to remember three impacts of climate change or in Biology four types of pathogens. You need to read through your revision notes and decide on what knowledge you want to chunk together.

In this example ten words have been linked to ten parts of the body.

1. Feet
2. Knees
3. Thighs
4. Belly button
5. Stomach
6. Shoulders
7. Mouth
8. Nose
9. Hair
10. Hands

1. Yacht
2. Tambourine
3. Magazine
4. Pebble
5. Castle
6. Parrot
7. Torch
8. Banana
9. Spaghetti
10. Clock



The Story Method

To use the Story Method you need to make the 10 words, items or information as memorable as possible. In this method you need creative thinking to make a story linking the words in order. The story can be imaginative and surreal.

"I was relaxing on a yacht, made of tambourines, reading a magazine, when all of a sudden a pebble hit me. It came from a castle in the sea. I looked up and saw a parrot laughing. It was dark so I shone a torch at the parrot and this time he dropped a banana on my head. I captured the parrot and tied it up with spaghetti to a large clock.