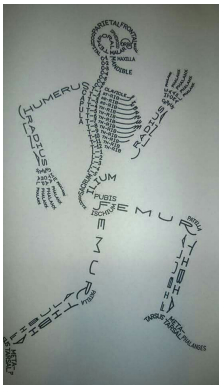
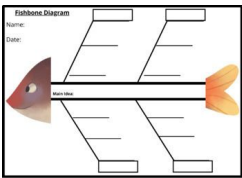


Mnemonic Device Menu

DEFINITION: mnemonic comes from Greek and means anything that assists the memory.

There are three steps in our memory process: **encode**, **store**, and ***retrieve**.

*Each ancient and proven device helps with more than one of these steps.

Device	Explanation and Example
Enter your PIN number: #### Did you see my GIF??	Acronyms are abbreviations used to more easily remember words in sequence or a group of words representing things or concepts. Acrostics are phrases where the first letter of each word represents another word. Learn the acronyms and acrostics that others use, or make up your own! <i>For example:</i> GIF stands for Graphics Interchange Format. And, PIN stands for Personal Identification Number. And, DJ means Disc Jockey. SCUBA stands for Self-Contained Underwater Breathing Apparatus. Use HOMES helps you remember all five of the Great Lakes: Lake Huron, Lake Ontario, Lake Michigan, Lake Erie, and Lake Superior.
Call: 1-800-555-5467	If you need to remember this random number: 1782067812. That's ten pieces of information. It would instantly use up your short term storage space! But, if you "chunk" the digits into groups - for example like a social security number: 178 206 7812, you can tackle it! It's easier to remember 3 things than to remember ten. This is why we study how many SYLLABLES a word has and if we already know how to spell one or more of the syllables. <i>For example</i>, it's easier to remember that the word IM PROVE MENT has three syllables. The first syllable is IM; the second one is PROVE which we already know how to spell; and the third syllable is the suffix MENT which I know how to spell when I hear it at the end of a word (it's not the actual word 'meant'; it's the suffix -MENT).
	MindMaps, Cause and Effect, Fishbone, Cycle, Flow Chart, Ladders, StoryBoard, Venn Diagrams, and more. Graphic organizers help us remember by connecting new info to our existing knowledge and to let us see how concepts relate to each other and fit into a context.   <i>For example</i>, some students even find it helpful to write the words using bubble or 3-D letters!

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	Vivid and colorful pictures, sounds, textures, and smells help us remember by linking associating words to meanings. Use your own imagination to sense how a word looks, sounds, feels, or smells, and create your own imagery for it. It especially helps when you have to remember something you are listening to someone else say. Choose funny or fearful images to really etch it into your memory!
	The ancient Greeks used this strategy called the Method of Loci (a.k.a. The Memory Palace). You choose a very familiar or meaningful location that you can easily picture in your mind; then you associate each item you need to memorize (for example, words from a list) with a spot in that location. <i>For example</i>, imagine your house. Each room in your house can hold the item you need to memorize. Another example is to use the route to your work or school - you imagine the landmarks along the way holding the information you need to memorize. When you do this in order of your journey through the imagined space, it makes it easier to retrieve all of the information in the future.
& Repeat 	Quiz yourself. Have someone else quiz you. Have a computer app quiz you. The more often you repeatedly practice retrieving the information from your memory, the faster you will remember it.
 Rhyme, Rhythm, and Refrain	Rhyme, rhythm, and refrain make use of our brain's love of patterns and predictability. Use this audio information and patterns to help your recall because they limit the possible options to those items that fit the pattern you have created. <i>For example</i>, "In 149<u>2</u>, Columbus sailed the ocean (<u>blue</u>)."
 Roaming and Reciting	Saying something out loud activates more areas of our brain and helps to connect information to other activities. Add movement to this and you will never forget!! Walk around, spin, jump, or even think of some gestures to prompt your memory.
	Note Taking is a way to physically encode materials into our brain. It uses your muscles to make it easier to store and retrieve information. (In a pinch, you don't even need the ink - just the muscle movement and texture on your fingertips is enough.)

*The goal with all of these is for you to try all of them to see which ones **really stick** with YOU!