PREPARING FOR EXAMS - MEMORY AND RECALL

Memory thrives on organisation...

- Grouping similar items together helps recall
- Using group headings helps recall
- Being able to see that there are X groups of information gives the task manageable boundaries

Exercise: How could you group these 16 items to make them easier to recall?

<table>
<thead>
<tr>
<th>plum</th>
<th>elbow</th>
</tr>
</thead>
<tbody>
<tr>
<td>puppy</td>
<td>banana</td>
</tr>
<tr>
<td>pony</td>
<td>cherry</td>
</tr>
<tr>
<td>donkey</td>
<td>house</td>
</tr>
<tr>
<td>giraffe</td>
<td>caravan</td>
</tr>
<tr>
<td>foot</td>
<td>apple</td>
</tr>
<tr>
<td>apartment</td>
<td>knee</td>
</tr>
<tr>
<td>hand</td>
<td>bungalow</td>
</tr>
</tbody>
</table>

Write your groups below:

Now cover the lists you wrote and try to recall all 16 items.
Did you know that finding your own categories and the act of rewriting the items strengthened your memory of them?

The power of association

- Memory works by making links between new material and what the brain has already learnt.
- You can use very familiar information such as colours, music, personal experiences, TV programs
- Example: Assign a colour or TV character to a category

Visualisation and association

Exercise:

Think of a route you often take (e.g. your trip to university from home, the route from the front door to the back door at your home).

Think of 16 places along the way. Really visualise them.

Now visualise placing the 16 items from the list in order, one in each place along the route. Repeat this process a few times, looking at the list. Now can you recall all 16 items in order without looking at the list?

Mnemonics

- Mnemonics are memory devices that help learners recall larger pieces of information
- Examples include music, acronyms and poems

Children learn the order of the alphabet with the song

ROY G. BIV = colours of the spectrum
Red, Orange, Yellow, Green, Blue, Indigo, Violet

Spelling rule: i before e except after c

Discussion: Have you made up any of your own mnemonics to help your recall?

For more information on mnemonics go to: