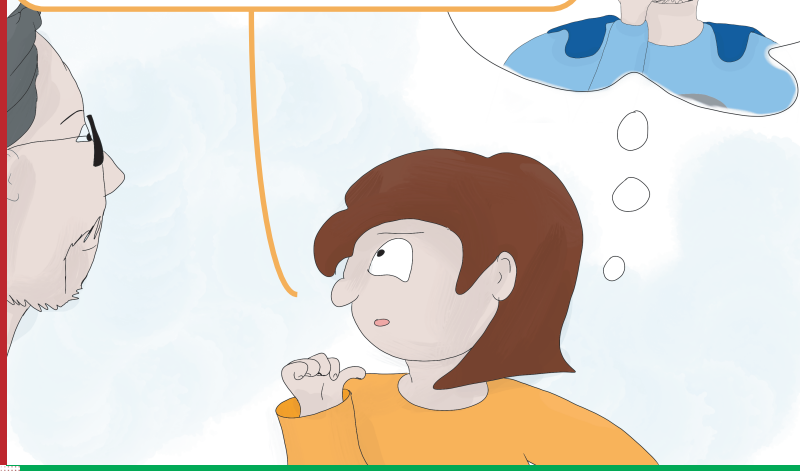
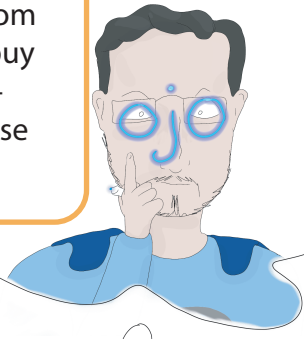


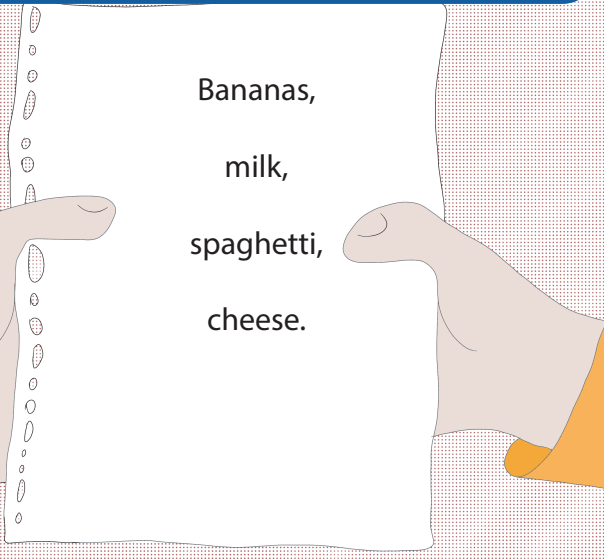


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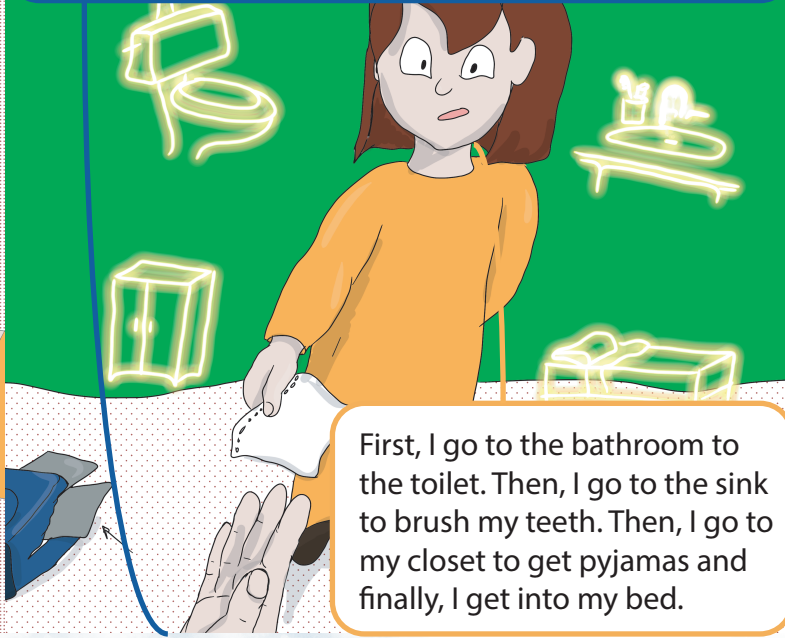
This is fun! You know, when my mom sends me to the grocery store to buy a few things, I always forget something. Is there another trick I can use to remember things?



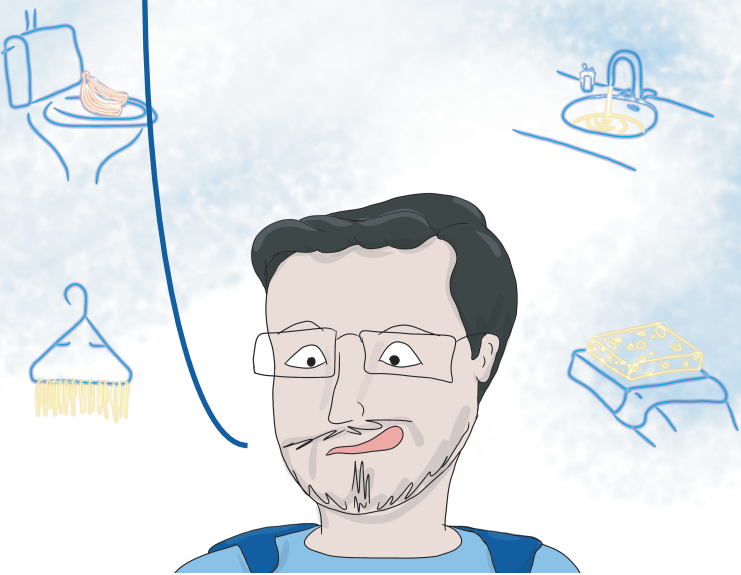
I have an idea! What does your mom need you to buy?



Now give me a list of where you go in your house when getting ready for bed.



So you find bananas in the toilet, the sink is full of milk instead of water, in your closet are hangers with spaghetti noodles instead of clothes, and your pillow is now made of cheese.



Now, when you get to the supermarket, just think of the same trip you make before you go to bed, and as you go through them, you will remember the funny images with the items of the grocery list!



LOCI METHOD

The loci method is used for learning things in a set order. It is one of the most complicated memory methods. But, if it is done correctly, it is very useful. It depends on your memory of location and the building of facts and knowledge on top of these memories of locations. To use the loci method, you make use of locations in a place that you know and then add funny connections to these locations. Think of your memory as a library again. Sometimes you may have two different books that need to be used together, but are on separate shelves. We can use the loci method to build connections between the shelves and draw a route through the library. If we then follow the route, we will find the books we need.

Bananas in the toilet and spaghetti in the closet: those are funny images, so I'll remember them. But will I still remember everything during my test? I'm worried because there's nothing funny about my test, it's just scary. Is there any way to make it likely that I will remember this information?



For learning certain things such as vocabulary, a great way to learn and retain information is to test yourself! You can use flashcards or ask your parents or even a friend to help you out. If you get tested on something you are learning, it helps you remember the information better. Getting tested is also a good way to check which things you have learned well and which things require a bit more work. So actually your teacher is helping you learn! By giving you this Spanish test.

It's okay, Maya. I know exactly how you feel and how to help you.



PRACTICE TESTING

The practice testing method is the most common. Memories need to be reactivated regularly in order to not be forgotten. That is why it is important to test yourself by using flashcards or by asking someone to help you. It is also a reason why you get tested in school. You can think of your memory as a library again. When you learn new information and test yourself, you practice finding the right books in your library. This makes it easier to find the books when you really need them. On the long term, if you neglect your library, the books will get dusty and the shelves can break down. In a dusty, broken library it is difficult to find the right books. To keep the dust off of the books and avoid the need to repair the shelves, you have to do a bit of work. This is similar to your practice testing.

Thank you for all your help, Memory Man.

You are welcome, Maya. I hope you will practice these tricks and become Memory Girl. Good luck and Good bye!

Hi Maya, it's me! Who were you talking to? Oh, sorry, are you studying?

Yes, I am studying for our Spanish test. Can you help me by testing me? If you help me, I will help you too. And I can teach you some memory tricks I just learned!

