

# Basics of mnemonics

## Statistics Assignment Help

The question of how to remember faster and more information, worries people no longer the first generation. Science in this business has been significantly advanced: psychologists have developed a system of receptions that help substantially increase the discharge of knowledge. This system is called mnemonic, and its main principle is to create a chain of associations and, thus, learn to "remember" information.

Any remembered information consists of elements. And the meaning of memorization is to connect different elements of the same information. When you see or imagine in the imagination of the connected images, the brain very quickly records the connection between them. To fix communication, just a few seconds. When you read the book, the words create a combination of connected images in your imagination. Trying to retell the story of books, you will call visual images in memory and describe them in your own words.

In this way, you can remember anything: the content of the books, the heard stories, read the abstracts of lectures, phone numbers, the sequence of elements in the Mendeleev table, the word is absolutely any data. Moreover, the process of mnemonic remember is absolutely not similar to the usual questioning, when we do not know something, or not. A person who trained memorization technique in the literal sense of the word browsing information in his imagination.

Let's say you need to remember the list of products. Try not only to visually submit every item (pack of milk, bread, soap, toilet paper), but also create some image in your imagination than it will be unusual, the better. For example, let soap floats in milk, and the bread will be wrapped with toilet paper. Such images, even though they are simple, will not go anywhere in your memory. Thus, you can remember and much longer lists.

Digital dates, phone numbers, any numbers are remembered using a system of universal visual images, which is designed in advance, once and for all. Say, 1 stick, branch, wood. 2 Swan with curved neck, and so on. If you have your own, personal associations with some kind of digit boldly use them. Thus, the memorization of the historical date will be a matter to combine private visual elements in one visual image. For example, you need to remember the year of the historical event 1862, it can be represented as a wooden stick (1), which draws a sign of infinity (8), and a sutured old man (6) feeds the swan (2).

Another basic mnemonic method of the Cicero method, or a spatial method. It helps well in case you need to remember the units of the word sequence or numbers associated with each other. Here is an arbitrary row of words that we will try to remember with this method: cat, lemon, snow, flag, ax. The list may be much longer. In order to remember it, mentally put the named objects in the interior familiar to you.

For example, in your own house, where everything is well acquainted. Imagine that you go into the room and inspect it from left to right. Position the objects next to the familiar household items: the cat lies on the chair, lemon on the bookshelf, then the cabinet, slapped by snow, immediately develops the flag, and the ax was left on the windowsill. It is important that these things in the real interior do not meet. If in your room and really hangs the flag, imagine in its place another or mentally circle it with a red felt-tumbler in the picture, which you imagine. Thus, gradually, you build your symbol system, which will help you remember the most different information.