

MEMORY TECHNIQUES TO HELP YOU REVISE

There is no such thing as 'one size fits all' revision method - there will be a revision and memory method out there to suit you - you just have to find it. So here some methods for you to try.

1. MIND MAPS are a quick and easy visual technique to generate ideas, sum up and link topics, facts or figures. If you want to try a smart phone app for mindmapping, Coggle and X Mind are popular and easy to use. To create a mindmap without an app:

- Start from the centre and work out, drawing a bubble with the topic you are studying – make it a clear and strong visual image - be creative as creativity aids memory
- Draw a line from this bubble to another bubble with the name of a linked topic
- Fill the new bubble(s) with the facts you need to remember. Short bullet points work best
- Colour bubbles to group similar ideas
- Put key words on lines to reinforce the structure of notes

2. MIND PALACES (or memory journey) is a mnemonic that helps a person improve their ability to remember things. To create a Mind Palace:

- Picture a building you know inside and out. You know the placement of the rooms and cupboards
- Now, you walk through the front door in your imagination and commit an item you want to remember to each room by forming an image between the item and any feature of that room.
- To remember the “fact” simply walk through the room (use the cupboards too when you get the hang of it)
- Make this fun by turning it into a competition with your friends, challenging each other to see how many facts you can remember in 30-60 seconds.

3. MNEMONICS use patterns of letters, ideas or phrases and are particularly good for lists of facts. Start by:

- Using existing mnemonics by searching the internet by subject /topic eg searching for “mnemonic for the scientific classification of species” in Biology comes up with King Phillip Came Over From Great Spain (Kingdom, Phylum, Class, Order, Family, Genus, Species)
- Devising your own to aid your personalised recall of items

4. DRAW IT: Pictures and colours are often easier to remember than words so try turning your notes into pictures. Start by:

- choosing a troublesome topic to turn into a poster, annotated diagram or comic strip
- using lots of colour and speech bubbles/comments to explain key points
- displaying your posters around your room or in the house where you are going to see them

5. QUIZZING: There are hundreds of smart phone apps which can be useful for “on the go” revision. Some of the most popular quiz based apps are Gojimo and Quizlet. Alternatively, create flashcards and get your family or friends to test you.

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