Memory Techniques: Mnemonic Devices

Mnemonic Devices for Long-Term Memory

There are many types of mnemonic devices in the world that can be used. Mnemonic devices are greatly useful for transferring information from your Short-Term Memory to your Long-Term Memory. Some of the most popular mnemonic devices are:

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**Acronyms**: We may not realize it, but acronyms are the most widely used mnemonic devices. Acronyms are helpful with recalling lists. Some examples are:

NASA- National Aeronautics and Space Administration
FBI- Federal Bureau of Investigation
ROY G. BIV (rainbow)- Red, Orange, Yellow, Green, Blue, Indigo, Violet
HOMES (Great Lakes)- Huron, Ontario, Michigan, Erie, Superior

**Acrostics**: These are also called ‘catchphrases’, which are sentences created from the first letter of each word you need to remember. Some examples are:

Mathematical Operations- Please Excuse My Dear Aunt Sally (Parentheses, Exponents, Multiplication, Division, Addition, Subtraction)
Cardinal Directions- Never Eat Soggy Waffles (North, East, South, West)
Treble Staff Notes- Every Good Boy Deserves Fudge. (EGBDF)

**Associations**: Closely related information can be confusing at times. Making connections for associations can help you distinguish the information. Some examples are:

Geology: Stalactites: Grows from the ceiling
Stalagmites: Grow from the ground
Spelling: Desserts: Stressed spelled backwards
Deserts: No word spelled backwards

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Setting up your studying

What method would be best for what you are studying?

- Acronym?
- Acrostic?
- Association?

What topic(s) do you need to cover?

What information do you need to capture?

What tools are needed to build your mnemonic device?

☐ Flashcards  ☐ Outlines  ☐ Class Power Points
☐ Helpful Videos  ☐ Quizlet  ☐ Glossary
☐ Study Group  ☐ Notes  ☐ Textbook

When do you need to have this memorized?

How often do you need to look at this information?