

# 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:

### Acronyms

### Acrostics

### Associations

**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?

- |   |                                   |   |
|---|-----------------------------------|---|
| <input type="checkbox"/> Flashcards     | <input type="checkbox"/> Outlines | <input type="checkbox"/> Class Power Points |
| <input type="checkbox"/> Helpful Videos | <input type="checkbox"/> Quizlet  | <input type="checkbox"/> Glossary           |
| <input type="checkbox"/> Study Group    | <input type="checkbox"/> Notes    | <input type="checkbox"/> Textbook           |

When do you need to have this memorized?

How often do you need to look at this information?