

# Mnemonic Devices - Memory Techniques

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

Acronyms are the most widely used mnemonic devices and are helpful with recalling lists.

Examples:

- 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

'Catchphrases' are sentences created from the first letter of each word you need to remember.

Examples:

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

## Associations

Closely related information can be confusing, making connections with associations can help you distinguish the information.

Examples:

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

