

Memory Tune™ Course



Day Eleven

Memory Skill for Today: Remembering Names and Faces.

Many people describe forgetting names as their greatest memory difficulty. Has this happened to you? You remember someone's face, but his or her name has vanished into thin air! Today we will revisit the skills of remembering faces and names.

Relaxation



Take a minute to enjoy the peaceful scene in the photograph. Breathe slowly and quietly. Then close your eyes and imagine yourself in this beautiful place. Quietly, for yourself, focus on what can you see? hear? smell? feel?

Brain Wake Up

- $23 + 17 - 13 \div 3 \times 9 + 76 - 7 \times 9 =$
- $396 \times 21 =$
- You have two minutes to write down as many animals beginning with the letter 'C' as you can.



How many did you think of? Check at the end of today's Memory Tune for some you may have missed, as well as answers to a. and b.

Face Recognition.

Creating Your Personal 'File Card' system



You are about to study some faces. As you read the name and facts about each, mentally prepare a set of file cards containing the name and information you want to remember. This will help you when you need to remember the information; in your mind, you'll flip the card and visualize what you have 'written'.

Look carefully at the six photographs below and associate the face with the name and the information about the person. Imagine their faces, names, and facts about them filed away on your 'cards'.



Andrew Logie
Andrew is an accountant.
He belongs to Rotary.



Anne Harvey
Anne is interested in art.
Her favourite genre is sculpture.



Helen Mackay
Helen is a country girl.
She rides horses and breeds racehorses.



Peter Wright
Peter is a university student.
He is studying chemical engineering.



Chris Boyd
Chris is an athlete.
He specialises in long-distance running.



Jonathan Anderson
Jonathon is a dairy farmer.
He loves riding his quad bike.

Can you remember?

Can you remember why it is that when you burn your finger, you are able to react and pull your finger away before you even register the pain?

Check back to Memory Tune 10 if you can't quite remember.

Tell five other people about it in the next few days. It will help create a deeper memory trace.

How well do you remember the picture of the picnic in the park you saw yesterday?
 In the main group of six people, how many were sitting and how many standing?
 How many were male, how many female?
 Check back to make sure.

Do you recognise these faces?

Can you remember which people you have met before, in an earlier Memory Tune? Can you remember their names?

Circle Yes (I've seen them before) or No (I haven't seen them before) and you may even remember the name. Write it in the space under Yes / No.



Yes / No



Yes / No



Yes / No



Yes / No



Yes / No



Yes / No



Yes / No



Yes / No



Yes / No



Yes / No



Yes / No



Yes / No

Check at the end of today's Memory Tune to see how well you recognized faces you've seen before.

Did you know?

The adult human brain weighs about 3 lb (1,360 grams). In comparison, a cat brain weighs about 1 ounce (around 30 grams).

Help People Remember *Your* Name.

When you meet new people, speak your name clearly. If you have the same name as a mutual friend, comment on it. If you have a famous namesake, make a quip about it. You could spell your name if there are alternative ways of spelling it: “It’s Bryan with a ‘y’” or “It’s Kathy with a ‘K’”. Be interesting! Give the newly-met person a good reason to put in the mental effort to remember your name.



Before the conversation finishes, repeat important points and give your new acquaintances a business card if you have one. If you sense the person has already forgotten your name (I am sure you will identify with their predicament!) remind them of it. Remember, your name identifies and defines you; always make sure other people remember it. If there is the opportunity, practise these introductions now.

Who are they?

Can you name these people you met a few moments ago, and remember two facts about each? Write your answers in the space below each face.



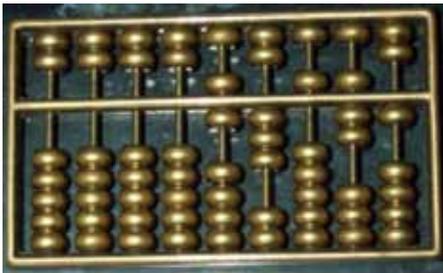
How did you do? Did you find it easier to remember the names or the biographical information?

If you found it difficult, go back to the photographs and information. Imagine you are being introduced these people for the first time. Look at each person and really 'see' them – hair colour, shape of the face, hair style. Imagine asking them a question or two about their particular interest.

Practise this skill with another person, using the unnamed photographs. Take time first to think about how you will introduce each new face then make the introduction out loud.

Mentally revise the file-cards cards you have created today. Can you 'see' each new entry?

Memory Tip: At the end of each day, think about what has happened during the day; which items of information gathered will be useful for the future? Names and faces, or appointments to be remembered may well be included. Create extra memory triggers to keep these memories vibrant and strong.



Have you used an abacus, an ancient method of counting? Although there are two beads on each rod in the upper deck, the very top one isn't used. Similarly, there are five beads on each rod below, but mostly only four are used. Beads are counted by moving each up or down towards the cross-beam. If you move beads toward the beam, you count their value. If you move them away, you don't count their value. Beads above the beam have a value of 5, and the ones below have a value of 1. You read from left to right and the rods represent place values. What is the total number displayed here?

Next time you will revisit Prospective Memory and learn how to create rich, easily-recalled memories.

Solutions:

Brain Wake Up.

- a. 1350 b. 8,316

Animals beginning with 'C'.

As you read the list, bring to mind an image of the animal, exercising your non-verbal recall skills. Chameleon, cuckoo, chipmunk, cockatoo, chimpanzee, cicada, Chihuahua, civet, carp, crow, curlew, crane, canary, cow, centipede, cockatiel, crab, cricket, crocodile, crab, coyote, cane toad, catfish, chinchilla, cormorant, camel, crossbill, cuttlefish, calf, chamois, clownfish, caribou, chicken, crayfish, clam, cockroach, cardinal, cat, caterpillar, cheetah.

Can you recognise these faces?

As you can see, you had seen half of these faces before in Memory Tune 5. Did you remember any of their names? Well done, if you did.



No



Yes
Matthew Coyle



No



Yes
Peter Franks



No



Yes
Dan Foster



No



Yes
Joyce Helsom



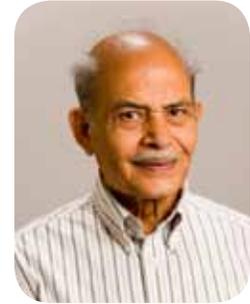
No



No



Yes
Mai Zhang



Yes
Ted Baxter

The abacus reads 63, 571.



Memory Tune™

20 Glen Atkinson Street | Auckland NEW ZEALAND 1071

Allison C. Lamont, PhD (Psychology), MA (Hons), MAPS | Gillian M. Eadie, MEd, BA, LTCL, Dip Tchg
Healthy Memory Company, Ltd | <http://brainandmemoryfoundation.org>

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