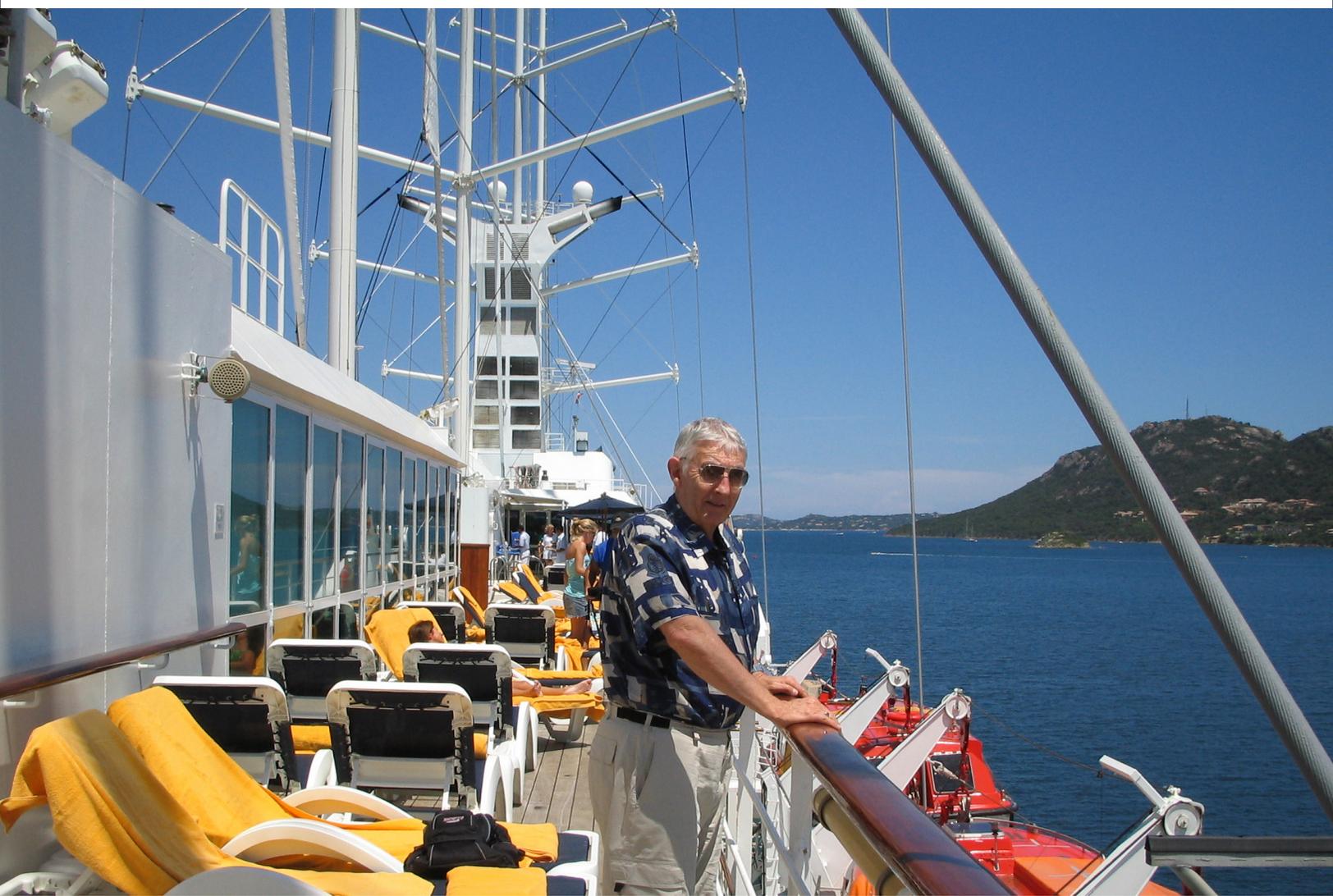


Memory Tune™ Course



Day Twelve

How to Make Information Memorable.

Objectives today:

To boost your recall skills by creating memorable information, and to sharpen your Prospective Memory (remembering to remember).

Preparation:

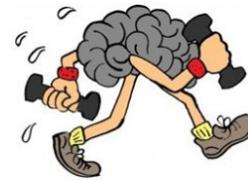
1. Drink a glass of water and enjoy a nutritious snack in readiness for your memory tasks.
2. Take a few deep breaths thinking ‘relax’ as you slowly exhale. Remind yourself of the importance of ‘calm mind, relaxed body’.



During today’s *Memory Tune™* you will see fairies! Please remember to count them.

Brain Wake Up

Find the names of ten fruits that are jumbled, two to each line. You’ll find the answer at the end of today’s notes.



1. **r a y p g a a e p p a**
2. **e l t c r p a i o p a p**
3. **a a p b w n p a n w a a**
4. **a r h e p e p c a**
5. **g o r n a m o g a n e**



Who Are They?

These are the people you met yesterday. Can you remember their names? You will find some facts about them to help you. If you are unsure, check back to *Memory Tune™* 11.



He will be a chemical engineer when he leaves university



She loves riding horses and breeding racehorses



He is an accountant who belongs to Rotary



He enjoys riding a quad bike on his dairy farm.



Sculpture is her favourite art form.



This athlete competes in long-distance running.

Prospective Memory (remembering to remember)

Prospective memory is used when you accurately remember to do something in the future. ‘Remembering to remember’ may be difficult because you are required to remember without any clues at all – unless you create them for yourself.

There are two types of prospective memory:

1. Time-based events such as “I have to be at the doctor’s at 10.00 a.m.” or “I will turn off the oven at 5.30 p.m.”
2. Event-based events such as “When I see my neighbour, I’ll ask her to feed my cat next weekend” or “When the pot boils, I’ll need to turn the heat down”.

As people age, prospective memory becomes a trouble spot. ‘Remembering to remember’ is vital for independence. Remembering to turn off the heater, there is something boiling away on the hotplate, or remembering to take medication are all examples of prospective memory in action.

Choose a personal item now, and put it somewhere right out of sight. It might be a watch, ring, coffee cup, a pen – something you use often.

Please remember to retrieve your item as soon as you read about water later in today’s *Memory Tune*[™].

Elaborating Memories

The more meaning you give to memories, the more success you will have in recalling them later.

If you are asked to remember ‘polar bear’, the words are likely to slip from your mind quickly in isolation, because the words have little importance for you.

BUT if you form an image of a large white bear padding across the sparkling Arctic ice on enormous feet, think about how polar bears catch fish, wonder how they survive in such harsh conditions, and imagine the white face with black boot-button eyes and large nose, then the words take on a new meaning and are very likely to be remembered.



Making Words Memorable

Study the following words for about ten seconds each. Create an image for each word, using as many senses as you can – what does it look like? What would touching it feel like? How does it sound? What does it smell like?

When you have finished, cover the words (or turn away) and see how many you can recall.

elephant sandpit bagpipes tiger fireworks hedgehog

Did you find it easier to recall words when they were connected to images, sounds, and smell?

Photographs are a wonderful way to help store memories with strong memory traces. Do you have an early school photograph? Could you name the children in your first school class? It can be a daunting task, but if you have class photograph to remind you, it becomes much easier.

Memories of life events are kept fresh because you have photographs of special days. Years afterwards, you may best remember parts of your holidays or special events that are recorded in photos. Organizing, then looking over your photographs, is a great way to rehearse memories.

Look carefully at the following photographs. What would help you remember the occasion? When might this have been?



Where is it? Is it a school play?
 Who may have made the costumes?
 What might the children be feeling?

And this photograph?

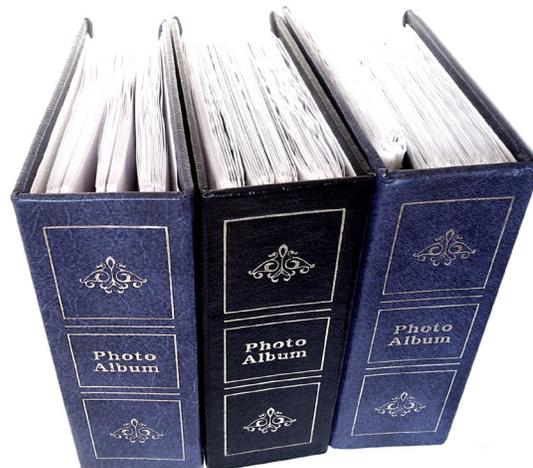
What sort of questions could you ask yourself (or could someone else ask you)



to help you remember details of this event?

To do at home!

Do you have photographs you have always meant to get into albums? Start organizing them now; if you already have all your photographs neatly in albums, look through them and ask yourself questions about each event to keep the memories alive and vibrant.



Improving Your Prospective Memory

“The palest ink is better than the best memory” – Chinese proverb.

When you have appointments to keep, the best cues are written reminders. It isn't realistic to expect you will be able to keep your diary in your head. You may not need to refer to the diary often, but the act of writing the appointment down helps to fix it in your mind.

Prospective memory creates difficulties because the cue for action is often unnoticed.

Perhaps you forgot you had a doctor's appointment at 2 p.m.
Or you wanted to ask your neighbour to feed your cat.



The distractions of everyday life often mean we don't remember that our cues are 2 p.m. or seeing the neighbour!

Improve Your Chances of Noticing the Cue

Use watches, one diary, timers, post-it notes.

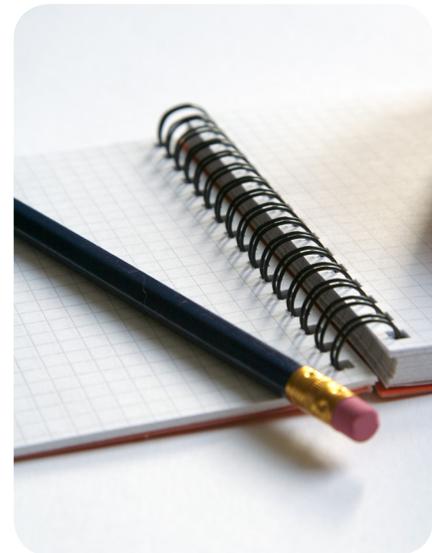
Place articles where you will see them e.g. place your tennis racquet on the bench to remind you of your 2 p.m. match.

Use imagery – picture in your mind meeting the neighbour and asking about the cat.

When you first think about needing to do a task, stop and focus – **focus – connect – rehearse**. It works for prospective memory tasks, too.

Make a habit of checking your diary or calendar.
Use to-do lists.

Can you think of other ways of remembering 'to do' tasks, ask questions, or keep appointments? If so, write them down and try them out this week.



A Prospective Memory task for this week

On Saturday, email (or else ask someone else to email for you) Dr. Allison Lamont to tell her what strategies you used to help you remember that you needed to write the email.

The email address is: Dr.Lamont@memory.foundation

Mental Addition

Fill in the grid as quickly as you can, adding each of the numbers in the top line to the number on the left side column. One space, $93 + 73$, has been filled in for you.

+	17	55	80	54	73
28					
34					
45					
82					
93					166

When you have completed the grid, for an additional challenge, mentally add up each column and line.



Remember to drink plenty of fresh water this week.

Effective memory relies on a regular intake of water, preferably in its natural form.

Your brain cells need water to function well – keep some on hand all the time.

Wait!

Prospective Memory Check!

Did you remember to count the fairies?

Did you remember to retrieve your personal article?

If so, well done – that is your prospective memory in action.

Solutions:

Brain Wake Up

1. papaya, grape
2. apricot, apple
3. pawpaw, banana
4. pear, peach
5. mango, orange

Mental Addition

First challenge

Did you notice for column four you needed only to subtract '1' from the totals in column 2?
Always be on the lookout for shortcuts!

+	17	55	80	54	73
28	45	83	108	82	101
34	51	89	114	88	107
45	62	100	125	99	118
82	99	137	162	136	155
93	110	148	173	147	166

Second Challenge

+	17	55	80	54	73	
28	45	83	108	82	101	419
34	51	89	114	88	107	449
45	62	100	125	99	118	504
82	99	137	162	136	155	689
93	110	148	173	147	166	744
	367	557	682	552	647	



Memory Tune™

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