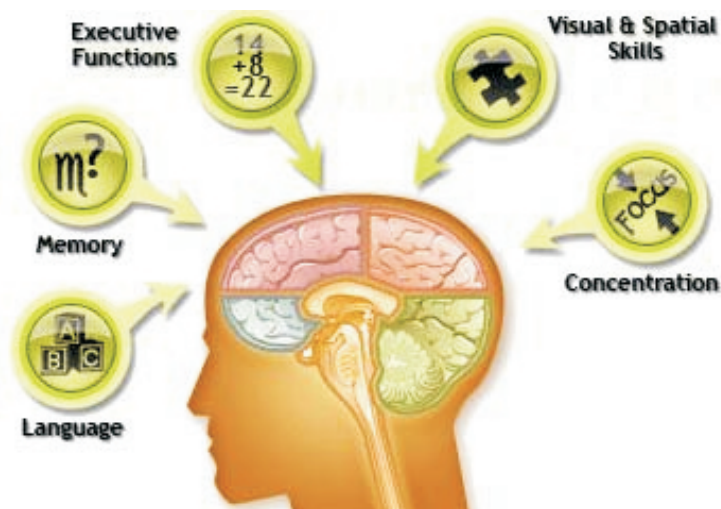


MEMORY

TIPS & Tricks

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✓ TYPES OF MEMORY :

SENSORY MEMORY - Sight, Smell, Touch, Taste & Hear

SHORT TERM MEMORY - Span-7 also called as selective memory

LONG TERM MEMORY - (1)Concentration , (2) Repetation

EPISODIC MEMORY -Life Events.

PROCEDURAL MEMORY - Automatic movements

SEMATIC MEMORY - Reservoir of knowledge

✓ ACRONYMS - WORDS

An acronym is often considered to be a type of abbreviation. Generally, if an abbreviation is pronounced as a word rather than as the letters individually, it is considered an acronym. Often the distinction isn't always made between acronyms and abbreviations, especially when the abbreviation is more widely known than what it stands for, such as "PVC" (polyvinyl chloride) and "ATM" (automated teller machine).

✓ ACROSTICS- SENTENCES

Acrostics is a poem or other form of writing in which the first letter, syllable or word of each line, paragraph or other recurring feature in the text spells out a word or a message.

✓ VOCABULARY :

A person's **vocabulary** is the set of words within a language that are familiar to that person.

✓ MEMORY & ASSOCIATION:

- ✓ RULE 1 :Connect in sequential manner(2 at a time)
- ✓ RULE 2 : Story should Absurd, Vivid Fantasy.
- ✓ RULE 3 : Add Colors, shapes, Abstract images.
- ✓ RULE 4 : Creative visualization of Objects.
- ✓ RULE 5 : Add senses, sound to your imagination.
- ✓ RULE 6 : Emotions make the association stronger.
- ✓ RULE 7 :Put yourself wherever possible.



Creating Innovative Mind

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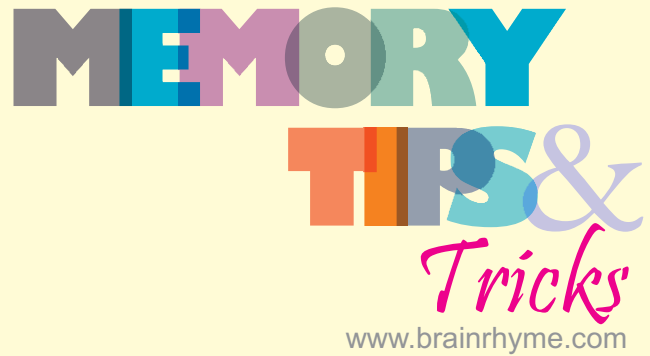
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Creating Innovative Mind



GOLDEN TRINITY OF LANGUAGE LEARNING:

Attitude | Time on task | Attentiveness

TIPS FOR EFFECTIVE STUDY :

- Flash Cards
- Use Colour pens
- Map appropriately with images, colors
- Remain Alert
- Keep up your interest
- Be curious
- Create Plans that give meaning

METHOD FOR EFFECTIVE READING :

WRONG WAY :

1. Word for word

BETTER WAY :

1. Form words from word
2. Know the meaning of each word in the definition.
3. Magic word : (AND ?) - Restate the definition in own words.
4. Give FACT / EXAMPLE
5. Associate - Memorization.

REASON WHY PEOPLE FORGET :

WRONG WAY :

1. Negative self concept.
2. Use it or lose it.
3. You may all the information but not knowing what is important and required.

FOCUS :

- You are surrounded by huge amount of data and you filter it on the basis of what is important to you at that moment
- You create much of what you choose to focus on.
- You see the world not as it is, but as you are !
- Choose what you focus on and you'll bring more of it into your life.

CONCENTRATION :

- Mind can be servant or a Master.
- It will come to me in a moment



TEST YOUR MEMORY - BEFORE BRAIN TRAINING

NAME: _____ SCORE : _____

SCHOOL : _____

1		11		21		31	
2		12		22		32	
3		13		23		33	
4		14		24		34	
5		15		25		35	
6		16		26		36	
7		17		27		37	
8		18		28		38	
9		19		29		39	
10		20		30		40	



TEST YOUR MEMORY - AFTER BRAIN TRAINING

NAME: _____ SCORE : _____

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4		14		24		34	
5		15		25		35	
6		16		26		36	
7		17		27		37	
8		18		28		38	
9		19		29		39	
10		20		30		40	