

*How can I remember more?*

## Repetition

- Write it down, read it out loud
- Rehearse and elaborate information

## New information, concepts, idea & knowledge...



### Important notes:

- To memorise a new concept, you must first to understand it
- To have regular break between study and ensure your brain gets enough rest
- Practice each of the strategies and find out what works best for you

## Association

Link information to mnemonics devices:

### Visualise with

- Images
- Charts / Maps
- Symbols / letters
- Keywords
- Songs / Rhyme

### Attach meanings to

\*Anything as long as it makes sense to you

## Chunking & Organisation

- Breaking down complicated concept into a more digestible pieces
- Organise information to make connections

## Personalisation

Relate information to personal experiences

- Get hands on with the procedure and remember the sequence
- Recall and connect to your own experiences
- Ask for more "stories" from others

## Repetition



- Listen and understand the concept in lecture
- Use your own word to prepare your note
- Discuss the concept in meeting and explain what you have understood

## Association

Volkswagen (VW) = People's car from Germany



=



+



V=Volks  
People in German

W=Wagen  
Wagon in German

## Examples

### Chunking & Organisation

Thyroparathyroidectomized



Thy-ro-pa-ra-thy-roid-ec-tom-ized



Grouping information under different categories

### Personalisation

1. Recall your experience of using social media Apps on your mobile phone
2. Taking pictures of a person you have tagged
3. To understand the concept of image classification in AI

