

## Enhancing Memory

All of us desire to possess an excellent memory system that is robust and dependable. Who, after all, likes to face situations of memory failures that lead to so much of anxiety and embarrassment? After learning about various memory related processes, you certainly would like to know how your memory can be improved. There are a number of strategies for improving memory called mnemonics (pronounced ni-mo-nicks) to help you improve your memory. Some of these mnemonics involve use of images whereas others emphasise

self-induced organisation of learned information. People with super memories sometimes use mnemonics, and we can also learn to do so. Most mnemonic techniques rely on the linking, or ~~ass~~ association, of to-be-remembered material with a systematic and organized set of images or words that are already firmly established in long-term memory and can therefore serve as reminder cues. With the analogy of a cloakroom in mind, the reminder cues are called memory pegs; ~~to~~ the to-be-remembered items are hung on these "pegs".

Some simple, specific memory tricks will serve to illustrate the 'peg' idea. For example, the letters in the word homes can be used as "pegs" on which to hang the names of the Great Lakes - Huron,

Ontario, Michigan, Erie, and Superior. The order of the colours in the spectrum can be remembered by associating each colour with the name "Roy G. Biv" - red, orange, yellow, green, blue, indigo, and violet.