

Tips & Tricks to Improve Memory



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YOURS TO DISCOVER

1

2

ABC

3

DEF

4

GHI

5

JKL

6

MNO

7

PQRS

8

TUV

9

WXYZ

*

0

+

#



Call



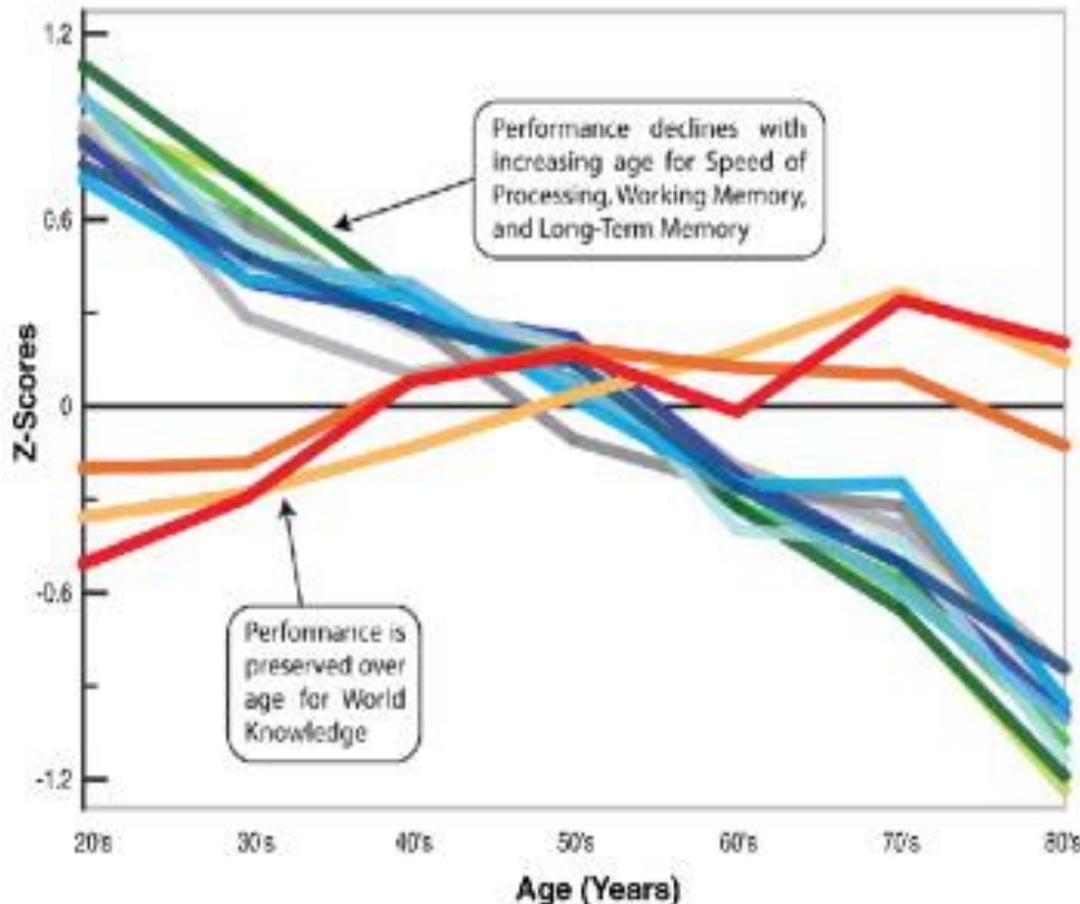
Weekly Planner

1

2



Cognition Changes with Age



Speed of Processing

- Digit Symbol
- Letter Comparison
- Pattern Comparison

Working Memory

- Letter Rotation
- Line Span
- Computation Span
- Reading Span

Long-Term Memory

- Benton
- Rey
- Cued Recall
- Free Recall

World Knowledge

- Shipley Vocabulary
- Antonym Vocabulary
- Synonym Vocabulary

Questions



1. How can you improve your knowledge comprehension?
2. What is the best way to encode information?
3. What is the best way to organize your time to learn new material?
4. What can you do to recall what you have learned?

Improving Knowledge Comprehension



The first step is to *understand* what it is that you are trying to learn.

Improving Knowledge Comprehension



Ask and answers questions



Improving Knowledge Comprehension



**Explain the material
to someone else**

Improving Knowledge Comprehension



Relate the material to your existing knowledge



Improving Knowledge Comprehension



1. Ask and answers questions
2. Teach or tell someone else about the material
3. Relate the material to your existing knowledge

Encoding Information



Encoding refers to *implanting something in memory*.

Encoding Information



Encoding refers to *implanting something in memory.*

Elaborative encoding involves *enriching the material.*

Encoding Information



Organize information

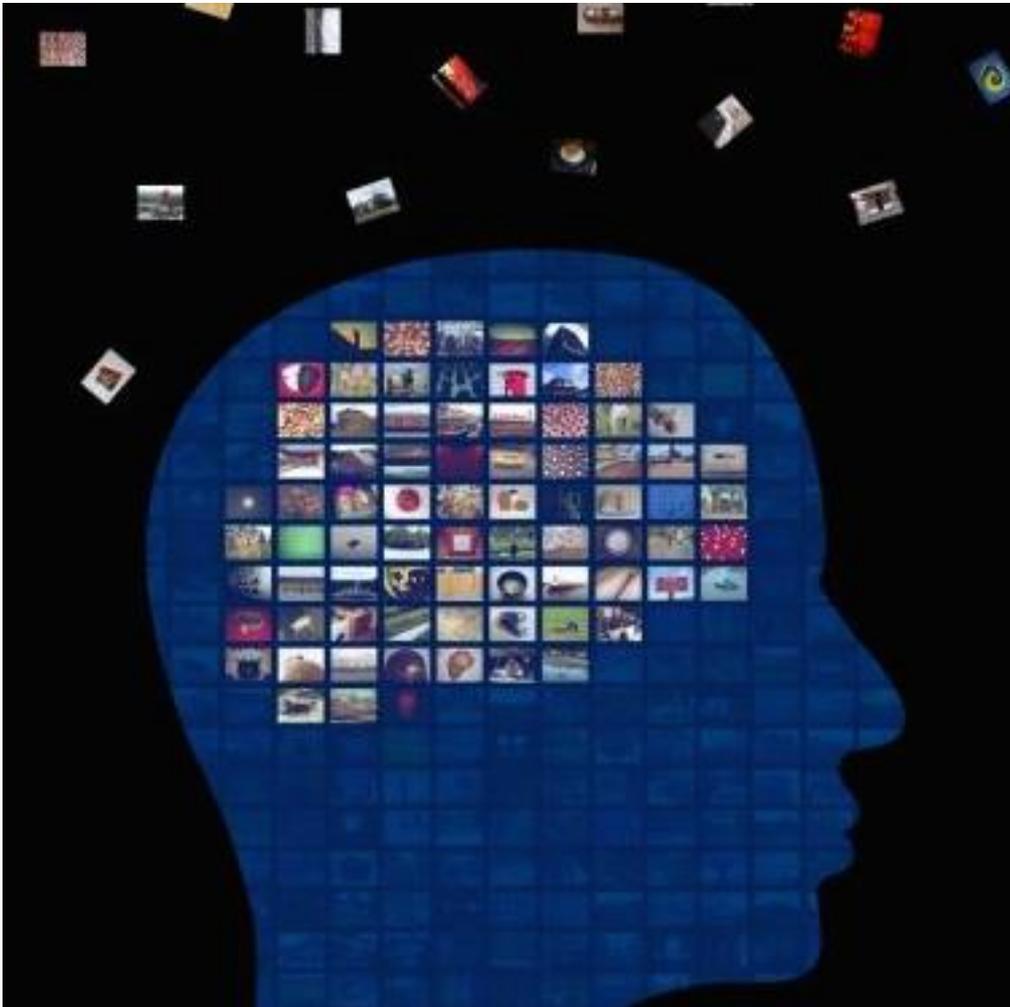


Chaos



Order

Encoding Information



Use imagery

Encoding Information



Method of loci



Encoding Information



1. Organize information
2. Use imagery
3. Method of loci

Organize your time to learn



Training Schedule

Monday 7 am – 7:30 am

Wednesday 7 am – 7:30 am

Organize your time to learn

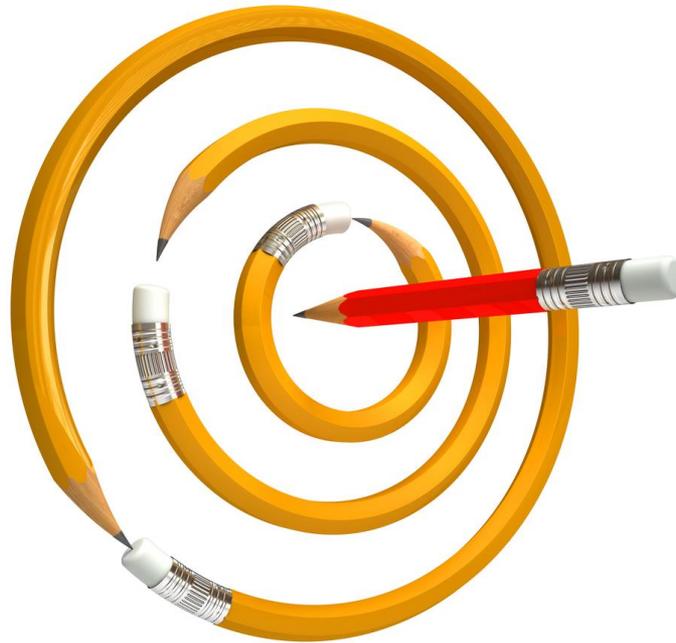


**Space out your
study sessions**

Organize your time to learn



Focus on material you're having trouble remembering



Organize your time to learn



Try to study during your optimal time of day



Organize your time to learn



1. Space out your study sessions
2. Focus on material you're having trouble remembering
3. Try to study during your optimal time of day

Tips for recalling information



Colleague's birthday?

Friend's anniversary?

Where did I park my car?

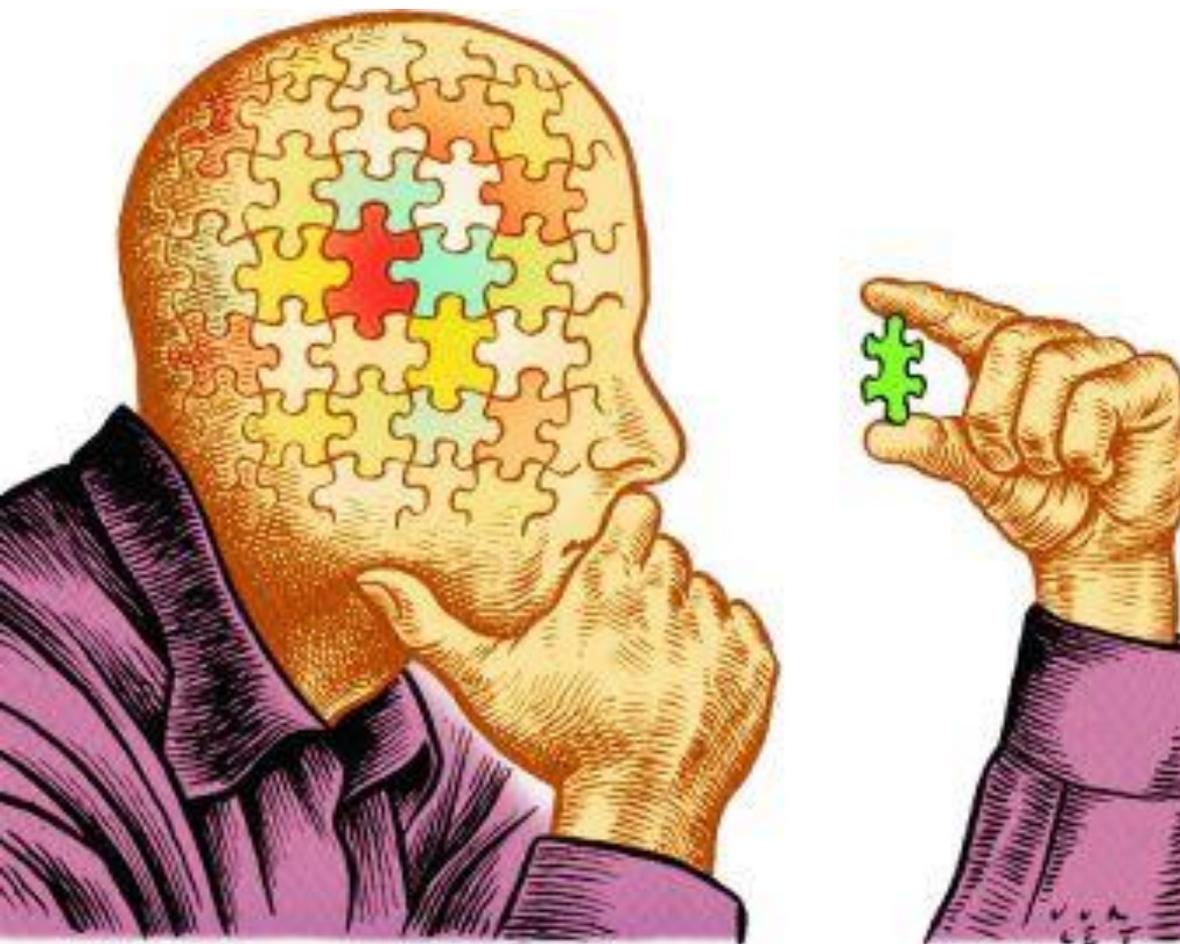
Tips for recalling information



Create retrieval cues



Tips for recalling information



**Practice
retrieving
information from
memory**

Tips for recalling information



Get in the right mood



Tips for recalling information



1. Create retrieval cues
2. Practice retrieving information from memory
3. Get in the right mood

Thank you!



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