MEMORY TECHNIQUES

During SuperCamp’s memory course, students learn new skills to improve retention and information recall. All our memory techniques utilize visual, auditory, and kinesthetic associations to promote stronger recall. Here are some of the methods we teach students:

**Storying** *(Senior/Junior)*
Involves making up a story. Information is associated with characters and other elements of the story that are memorized in sequence, linking one item to the next.

**Location Memory** *(Senior/Junior)*
Used in attaching information to locations, such as parts of a room or around an object. The information is readily accessible when the locations are revisited.

**Peg System** *(Senior)*
The peg system entails memorizing a list of 20 items attached to the numbers 1 to 20. We can then memorize any list of items by associating them with our original peg list.

1. sun (there’s only one)
2. eyes (mammals have two)
3. triangle (three sides and angles)
4. floor (four sides and rhymes)
5. fingers (five fingers)
6. sticks (rhymes with six)
7. 7-Up (7-Up soda)
8. octopus (8 tentacles)
9. baseball (9 players/9 innings)
10. hen (rhymes with ten)
11. goal posts (looks like 11)
12. eggs (a dozen eggs)
13. black cat (bad luck number 13)
14. heart (Feb. 14 Valentine’s Day)
15. tennis (15 points)
16. car (16 to get license)
17. magazine (Seventeen Magazine)
18. graduation (graduate when 18)
19. TV (19-inch TV and remote)
20. bucks ($20/bucks)
Here is an example of the storying memory technique. As you will see, the story has been created by linking facts with wild and crazy sights, sounds, and actions.

What do you think you can learn from this story?

**Lunch at the Deli (Junior)**

You walk into a deli and order a sandwich and it comes to you with pens stuck in it. You say, “Uuugh!” and throw it out the window where it lands on a man’s bright orange jersey. You go outside to apologize and the angry man yells, “By George, you’ve ruined my jersey!” You run away quickly and he can’t come after you because his feet are connected to the cuts in the sidewalk. To be sure you have escaped, you duck into a nearby Catholic church during a mass. You duck back out and go to the store next door to the church, a music store owned by Marilyn. You walk in and hear a southern carol playing loudly on the stereo. Suddenly, out of the floor come hundreds of baby hamsters. They pick you up and carry you off to a Virginia forest full of girls named Virginia playing harps. It’s peaceful in the Virginia Forest until the New York Yankees come out from behind the trees swinging. A ball is hit. You are hit by the ball. You are taken to the hospital where you have to wait in the north care line. When you feel better, you jump out into traffic and barely make it to the road island. On that island you look down to see a bunch of disgusting vermin oozing up from the ground, sticking to your bare feet. You scream, “Oh, rats!”

**Memory skills involve imagination and association.**

- **Imagination:** The ability to see, hear and sense things in your mind
- **Association:** The ability to take one familiar object and connect it with something you’re trying to remember

from Quantum Memory: Working Magic With Your Memory – Bobbi DePorter with Mike Hernacki