




MEMORY BOOT CAMP

 Online!

with

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Topic 2: Your Memory Path

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1

Deep Linking

Using what you already know to improve your memory
 for new information

Not always an easy technique to learn

Can be **Very** effective (e.g., Memory Championships)

2

The Memory Path

- A powerful technique for remembering lists in order
- Method of Loci = 'Memory Palace' or 'Memory Path'
 - Use a familiar location
 - Specific way-points (at least 25)
 - Consistent order to path

3

My Memory Path



4

My Memory Path



5

The Memory Path

- A powerful technique for remembering lists in order
- Method of Loci = 'Memory Palace' or 'Memory Path'
 - Use a familiar location
 - Specific way-points (at least 25)
 - Consistent order to path
 - Link information to way-points
 - More personalized and unique the link, the more memorable
 - Make it fun and crazy!

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Application?
When to use the Memory Path?

- Temporary and quick lists to remember over the short term when paper is not available
- Under conditions when you don't want to use notes (e.g., speeches)
- Cue for remembering to do something over the short term
- Long term memory – only if you have more memory paths to use

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Up Next

Module 3:
Say It Again
Sam



An Introduction to the MBC

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