



# NEXTLEVEL MEMORY

HOW TO LEARN/STUDY IN A FRACTION OF THE TIME

RETAIN INFORMATION 10X LONGER AND NEVER CRAM AGAIN

# WHAT YOU'LL LEARN IN THIS MODULE

- How to Memorize New Material & Retain it (*with and without Journeys*)
- How to Memorize Long Lists & Groups of Information
  - Storing 10-100x More Information in a single Journey
- Learn Vocabulary, Terminology, Facts, Math Formulas *without* Journeys
- Create Journeys Quickly & How to Change/Add Images
- The Interlinking Technique for Creating Stronger Connections



**NEXTLEVELMEMORY**

# MEMORIZE WHAT YOU LEARN

- YOU WON'T:
  - Memorize word for word
  - Memorize without understanding the material



**NEXTLEVELMEMORY**

# HOW TO MEMORIZE WHAT YOU LEARN

1. Highlight/write notes
2. Find the most important points to remember.
3. Convert each important point into an image(s)
4. Store the images in your Journey(s) OR use the Linking Method
  - Every few days/once week, as you learn more
5. Review your images
  - spaced repetition - 1 day, 2 days, 4,8,16,32...



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# MEMORIZE WHAT YOU LEARN

- 1) Highlight/Take Notes
- Identify the main points, concepts, words, etc.
  - Take notes during the lecture/teaching.
  - Highlight (or take notes) when you read.



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# MEMORIZE WHAT YOU LEARN

- 2) Find the most important points to memorize
  - After a day or two, look thru notes/highlights. Find the most important points within your notes
  - Identify them based on what YOU believe is important
  - You don't need to remember every note/bullet you take
    - Skip any notes you already know or common sense information



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# MEMORIZE WHAT YOU LEARN

- 3) Convert each important point into a simple image or images
- Images don't need to contain all the information
  - EXAMPLE: James A Garfield was the 20th US President
  - Just remember Garfield and 20
- The image will create a link. When you see the image again, you will remember what it relates to (what it's linked to)



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# MEMORIZE WHAT YOU LEARN

- 4) Store the images in your Journey(s) or use Linking Method
- You can do this daily, every few days, or once week (whatever your style is and how much you're learning)



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# MEMORIZE WHAT YOU LEARN

- How do I know when to use Journey vs Linking Method?
- Linking method is best for vocabulary (word w/definition), foreign languages, random facts,
- Use Journey for everything else: lists, information grouped together (all your math equations or all your chemistry notes). The Journey method is more reliable for remembering important information.
- If you aren't sure what technique to use...use a Journey



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# MEMORIZE WHAT YOU LEARN

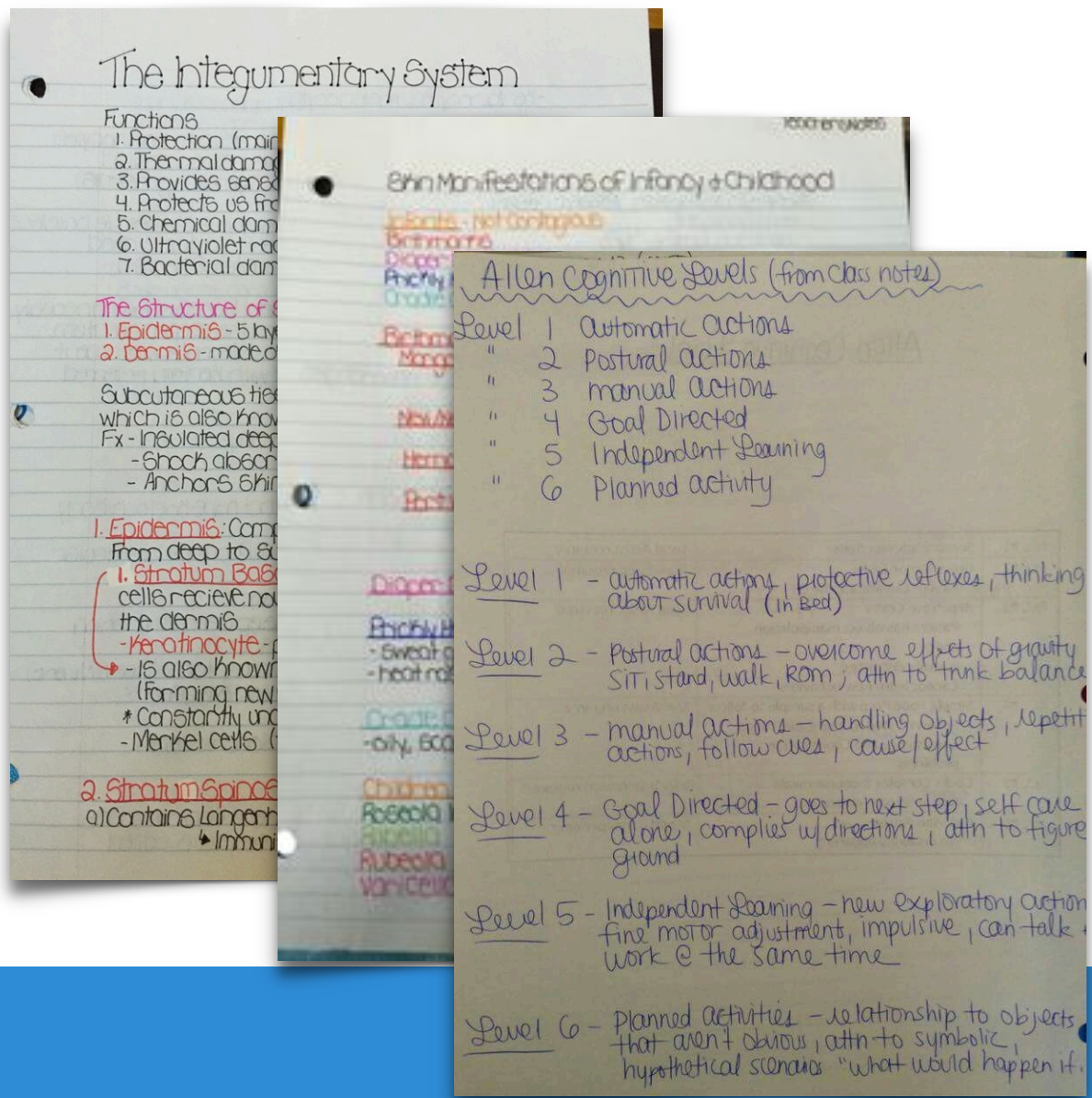
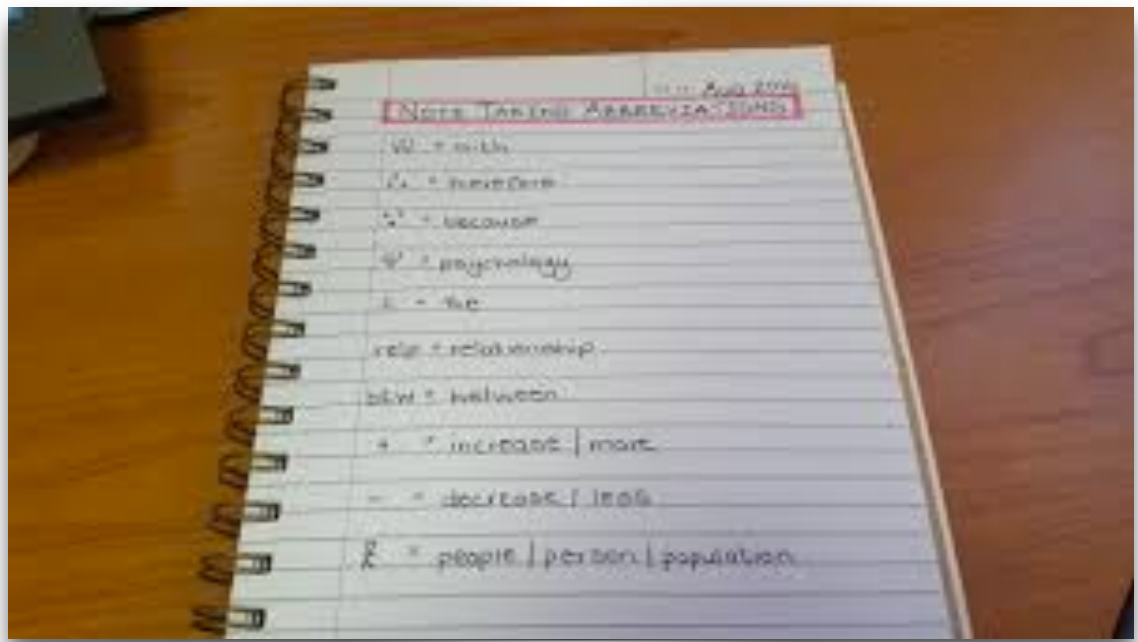
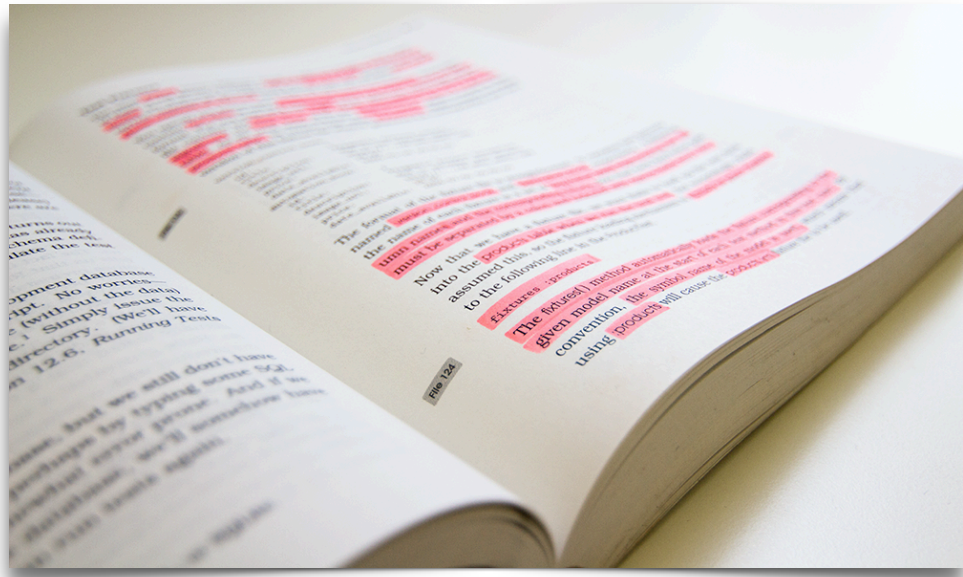
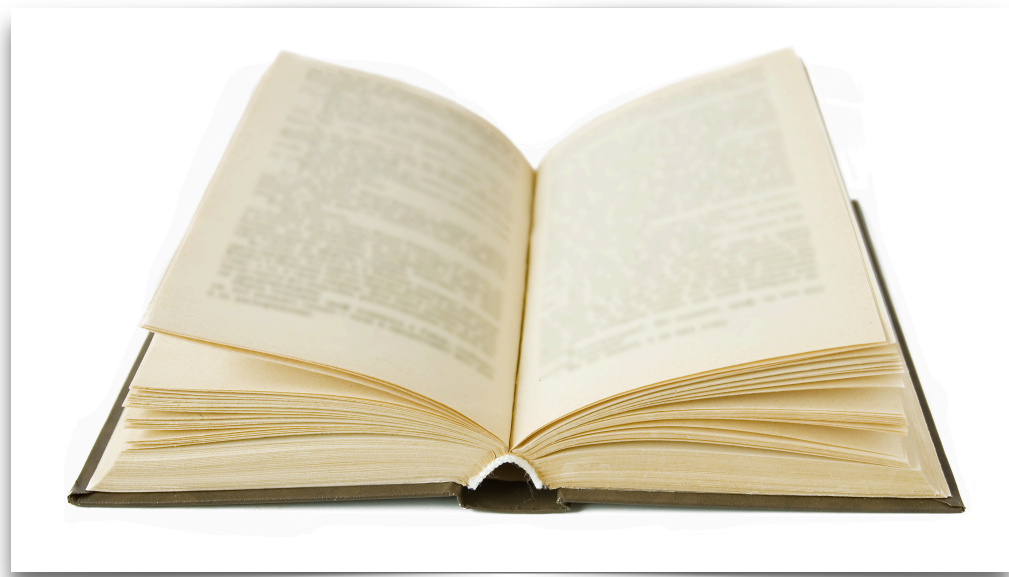
- 5) Review your images
- Review your notes, “see” the images that you created
- “Seeing images” again cements them into memory



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# MEMORIZE WHAT YOU LEARN



# NEXTLEVELMEMORY



# MEMORIZE WHAT YOU LEARN

- Examples of turning main points into images:
- John F. Kennedy was the youngest president ever elected.
  - *Image: JFK with baby bib and pacifier*
- It was JFK who resolved the Cuban Missile Crisis
  - *Image: JFK smoking a missile (like a cuban cigar)*
- JFK was in the Democratic Party.
  - *Image: JFK riding a donkey*



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# MEMORIZE WHAT YOU LEARN

- Have several Journeys ready
- Organize by subject
  - 1 Journey for Biology, 1 Journey for Political Science, etc.
- I usually don't combine Journeys for different subjects (keep 'em separated)



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# MEMORIZING LISTS & GROUPS

- Memorizing lists or groups of information can be a bit different
- Examples: the periodic table, summary of 20 Tort Cases, the 30 skeletal muscles

Periodic Table of Elements																	
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
1 H Hydrogen 1.00794	2 He Helium 4.002602																
3 Li Lithium 6.941	4 Be Beryllium 9.012182																
5 Na Sodium 22.98976928	6 Mg Magnesium 24.305																
7 K Potassium 39.0983	8 Ca Calcium 40.078	9 Sc	10 Ti	11 V	12 Cr	13 Mn	14 Fe	15 Co	16 Ni	17 Cu	18 Zn	19 Ga	20 Ge	21 As	22 Se	23 Br	24 Kr
25 Rb	26 Sr	27 Y	28 Zr	29 Nb	30 Mo	31 Tc	32 Ru	33 Rh	34 Pd	35 Ag	36 Cd	37 In	38 Sn	39 Sb	40 Te	41 I	42 Xe
53 Cs	54 Ba	55 La	56 Ce	57 Pr	58 Nd	59 Pm	60 Sm	61 Eu	62 Gd	63 Tb	64 Dy	65 Ho	66 Er	67 Tm	68 Yb	69 Lu	70 Hf
87 Fr	88 Ra	89 Ac	90 Th	91 Pa	92 U	93 Np	94 Pu	95 Am	96 Cm	97 Bk	98 Cf	99 Es	100 Fm	101 Md	102 No	103 Lr	104 Rf

For elements with no stable isotopes, the mass number of the isotope with the longest half-life is in parentheses.

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## (1) The techniques used to narrow the scope of duty

### (A) DIRECT LIABILITY AND VICARIOUS LIABILITY

*Phelps v Hillingdon London Borough Council* [2001] 2 AC 619 - example of assumption of responsibility by individual psychologist to child.

*X (minors) v Bedfordshire County Council* [1995] 2 AC 633 - authority can only act through its employees.

### (B) JUSTICIABILITY

*Home Office v Dorset Yacht Co Ltd* [1970] AC 1004 - illustrations of justiciability; suggestion of *ultra vires* test to define public authority's liability.

*X (minors) v Bedfordshire County Council* [1995] 2 AC 633 - rejection of *ultra vires* test; ask instead whether authority had acted within its discretion, and apply policy/operational distinction.

*Barrett v Enfield London Borough Council* [2001] 2 AC 550.

*Phelps v Hillingdon London Borough Council* [2001] 3 WLR 776.

*Carty v Croydon London Borough Council* [2005] 1 WLR 2312, especially at [20]-[37] - rejection of the discretion test; scepticism about the value of the policy/operational distinction.

*Connor v Surrey County Council* [2010] EWCA Civ 286 [76]-[102] (Laws LJ) - arguing that the underlying idea of justiciability has changed

Craig, *Administrative Law* (L&O 504-505)

### (C) ARE PUBLIC LAW CONCEPTS RELEVANT?

*Stovin v Wise* [1996] AC 923 - dicta that claimant must show irrationality where duty based on failure to exercise statutory power.

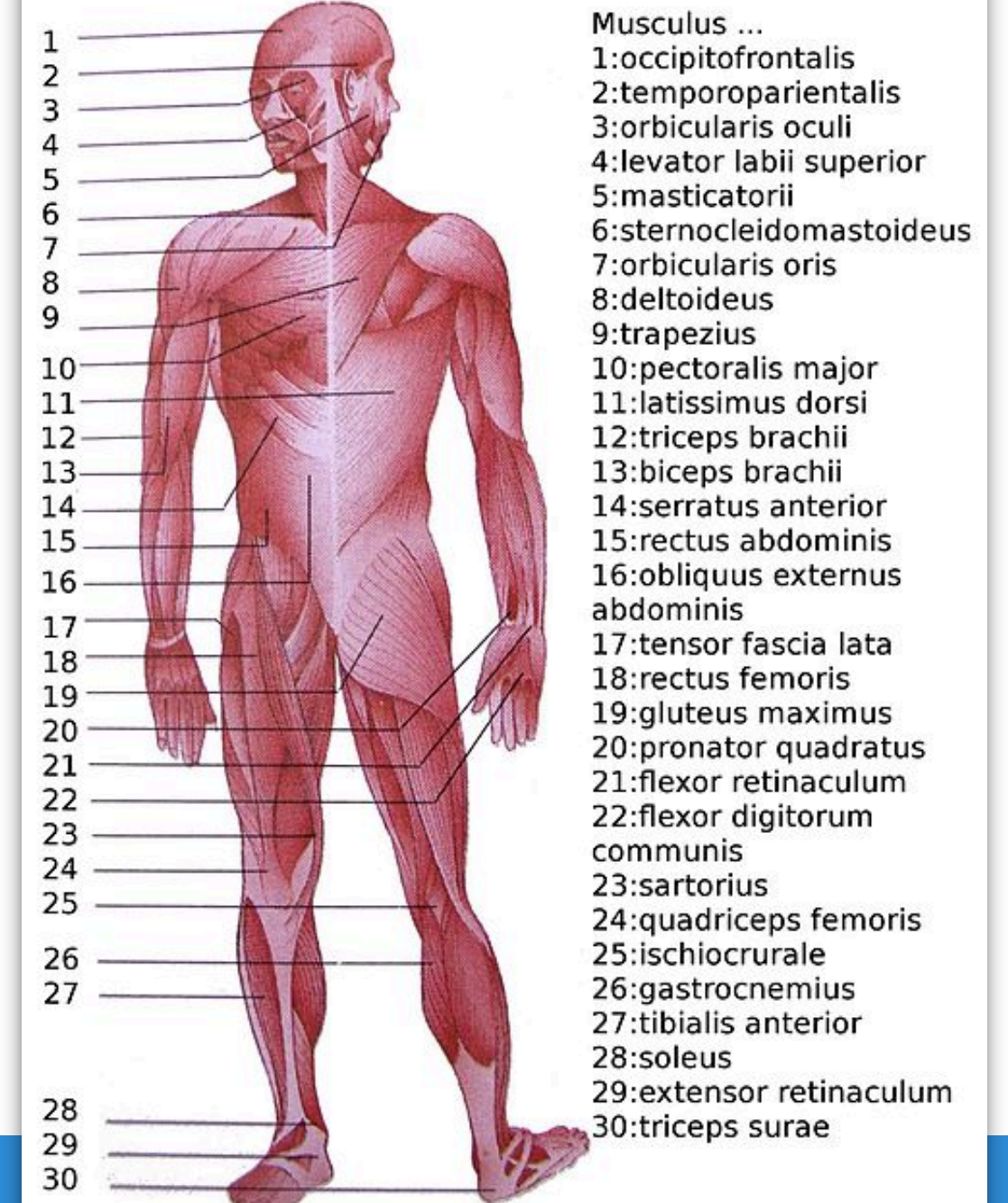
*Gorringe v Calderdale Metropolitan Borough Council* [2004] 1 WLR 1057 - some caution about the dicta in *Stovin*. See in particular [4] (Lord Steyn), [26] and [31] (Lord Hoffmann). But contrast [91] (Lord Rodger).

## (2) Applying the test for a duty of care

*Caparo Industries plc v Dickman* [1990] 2 AC 605 - basic test for duty

*X (minors) v Bedfordshire County Council* [1995] 2 AC 633 - not fair, just and reasonable to impose liability for negligent conduct of child abuse investigations

## Skeletal muscles



# NEXT LEVEL MEMORY



# MEMORIZING LISTS & GROUPS

- List: Memorize all 118 elements
- Group: Memorize the elements by group
  - noble gases, alkali metals, poor metals, etc.

Periodic Table of Elements																																				
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18																			
1 H Hydrogen 1.00794	<div><div>C Solid</div><div>Hg Liquid</div><div>H Gas</div><div>Rf Unknown</div></div>																2 He Helium 4.002602																			
3 Li Lithium 6.941	4 Be Beryllium 9.012182	<div>Metals</div> <div>Alkali metalsAlkaline earth metalsLanthanoidsTransition metalsActinoids</div>										<div>Nonmetals</div> <div>Other nonmetalsNoble gases</div>		5 B Boron 10.811	6 C Carbon 12.0107	7 N Nitrogen 14.0067	8 O Oxygen 15.9994	9 F Fluorine 18.9984032	10 Ne Neon 20.1797																	
11 Na Sodium 22.98976928	12 Mg Magnesium 24.3050	13 Al Aluminum 26.9815386	14 Si Silicon 28.0855	15 P Phosphorus 30.973762	16 S Sulfur 32.065	17 Cl Chlorine 35.453	18 Ar Argon 39.948	19 K Potassium 39.0983	20 Ca Calcium 40.078	21 Sc Scandium 44.955912	22 Ti Titanium 47.887	23 V Vanadium 50.9415	24 Cr Chromium 51.9961	25 Mn Manganese 54.938045	26 Fe Iron 55.845	27 Co Cobalt 58.933195	28 Ni Nickel 58.6934	29 Cu Copper 63.546	30 Zn Zinc 65.38	31 Ga Gallium 69.723	32 Ge Germanium 72.64	33 As Arsenic 74.92160	34 Se Selenium 78.96	35 Br Bromine 79.904	36 Kr Krypton 83.798											
37 Rb Rubidium 85.4678	38 Sr Strontium 87.62	39 Y Yttrium 88.90585	40 Zr Zirconium 91.224	41 Nb Niobium 92.90638	42 Mo Molybdenum 95.96	43 Tc Technetium (97.9072)	44 Ru Ruthenium 101.07	45 Rh Rhodium 102.90550	46 Pd Palladium 106.42	47 Ag Silver 107.8682	48 Cd Cadmium 112.411	49 In Indium 114.818	50 Sn Tin 118.710	51 Sb Antimony 121.760	52 Te Tellurium 127.60	53 I Iodine 126.90447	54 Xe Xenon 131.293	55 Cs Cesium 132.9054519	56 Ba Barium 137.327	57–71		72 Hf Hafnium 178.49	73 Ta Tantalum 180.94788	74 W Tungsten 183.84	75 Re Rhenium 186.207	76 Os Osmium 190.23	77 Ir Iridium 192.217	78 Pt Platinum 195.084	79 Au Gold 196.966569	80 Hg Mercury 200.59	81 Tl Thallium 204.3833	82 Pb Lead 207.2	83 Bi Bismuth 208.98040	84 Po Polonium (209.9824)	85 At Astatine (209.9871)	86 Rn Radon (222.0176)
87 Fr Francium (223)	88 Ra Radium (226)	89–103		104 Rf Rutherfordium (261)	105 Db Dubnium (262)	106 Sg Seaborgium (266)	107 Bh Bohrium (264)	108 Hs Hassium (277)	109 Mt Meitnerium (268)	110 Ds Darmstadtium (271)	111 Rg Roentgenium (272)	112 Uub Ununbium (285)	113 Uut Ununtrium (284)	114 Uuq Ununquadium (289)	115 Uup Ununpentium (288)	116 Uuh Ununhexium (292)	117 Uus Ununseptium	118 Uuo Ununoctium (294)																		
For elements with no stable isotopes, the mass number of the isotope with the longest half-life is in parentheses.																																				
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57 La Lanthanum 138.90547	58 Ce Cerium 140.116	59 Pr Praseodymium 140.90765	60 Nd Neodymium 144.242	61 Pm Promethium (145)	62 Sm Samarium 150.36	63 Eu Europium 151.964	64 Gd Gadolinium 157.25	65 Tb Terbium 158.92535	66 Dy Dysprosium 162.500	67 Ho Holmium 164.93032	68 Er Erbium 167.259	69 Tm Thulium 168.93421	70 Yb Ytterbium 173.054	71 Lu Lutetium 174.9668	72 Hf Hafnium 178.49	73 Ta Tantalum 180.94788	74 W Tungsten 183.84	75 Re Rhenium 186.207	76 Os Osmium 190.23	77 Ir Iridium 192.217	78 Pt Platinum 195.084	79 Au Gold 196.966569	80 Hg Mercury 200.59	81 Tl Thallium 204.3833	82 Pb Lead 207.2	83 Bi Bismuth 208.98040	84 Po Polonium (209.9824)	85 At Astatine (209.9871)	86 Rn Radon (222.0176)							
89 Ac Actinium (227)	90 Th Thorium 232.03806	91 Pa Protactinium 231.03688	92 U Uranium 238.02891	93 Np Neptunium (237)	94 Pu Plutonium (244)	95 Am Americium (243)	96 Cm Curium (247)	97 Bk Berkelium (247)	98 Cf Californium (251)	99 Es Einsteinium (252)	100 Fm Fermium (257)	101 Md Mendelevium (258)	102 No Nobelium (259)	103 Lr Lawrencium (262)																						

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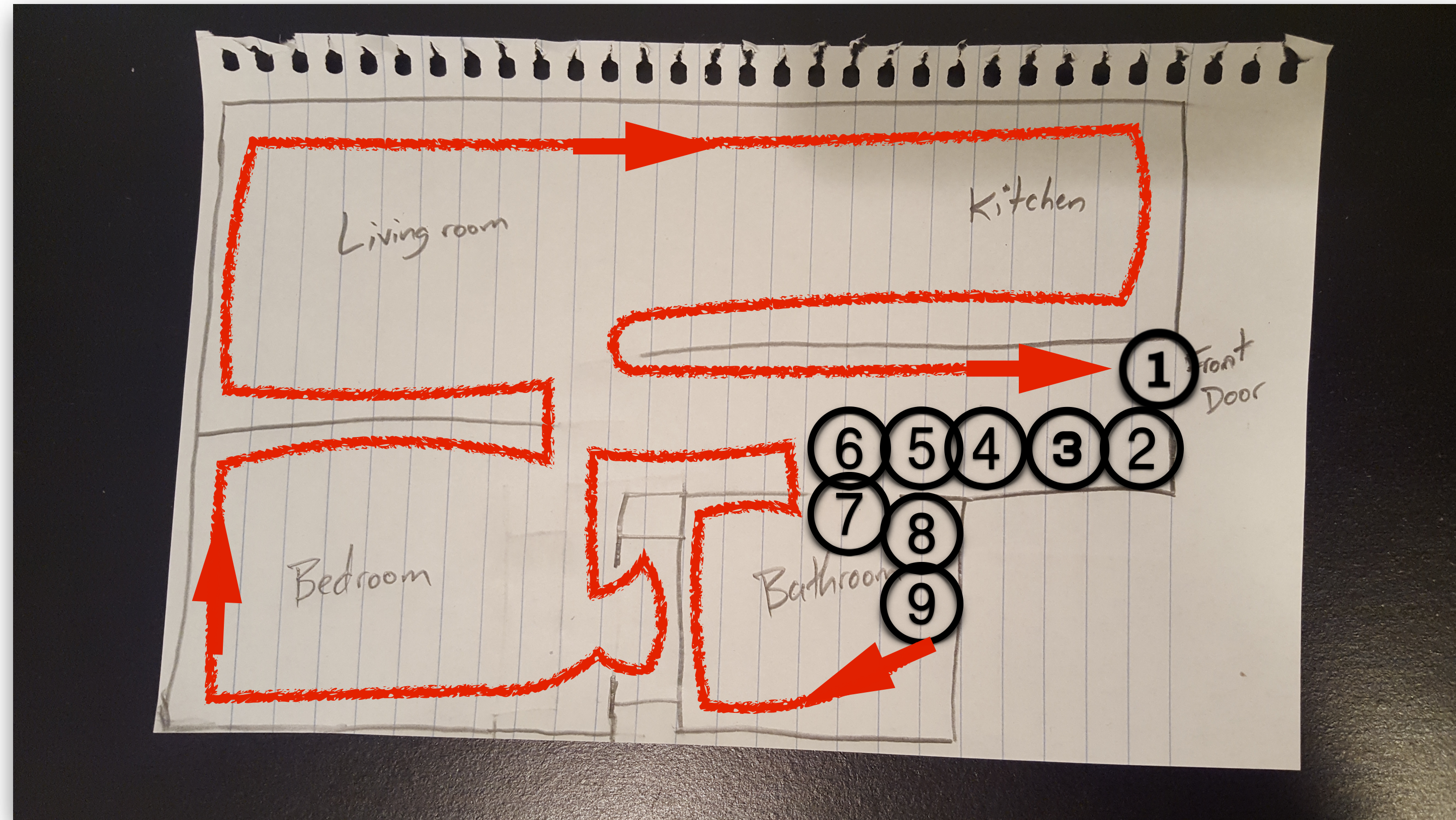


# NEXTLEVELMEMORY



# MEMORIZING LISTS

- Instead of having 20 checkpoints in your entire Journey, pack your Journey with many images in a chain
- For a list (i.e. 118 elements in periodic table), create a chain of images
- Store 10-100x more info this way



**NEXTLEVELMEMORY**



# MEMORIZING LISTS

- Make the images interact with each other
- Image 1 bumps into image 2, 2 touches 3, 3 leans into 4, etc...
- like falling Dominos



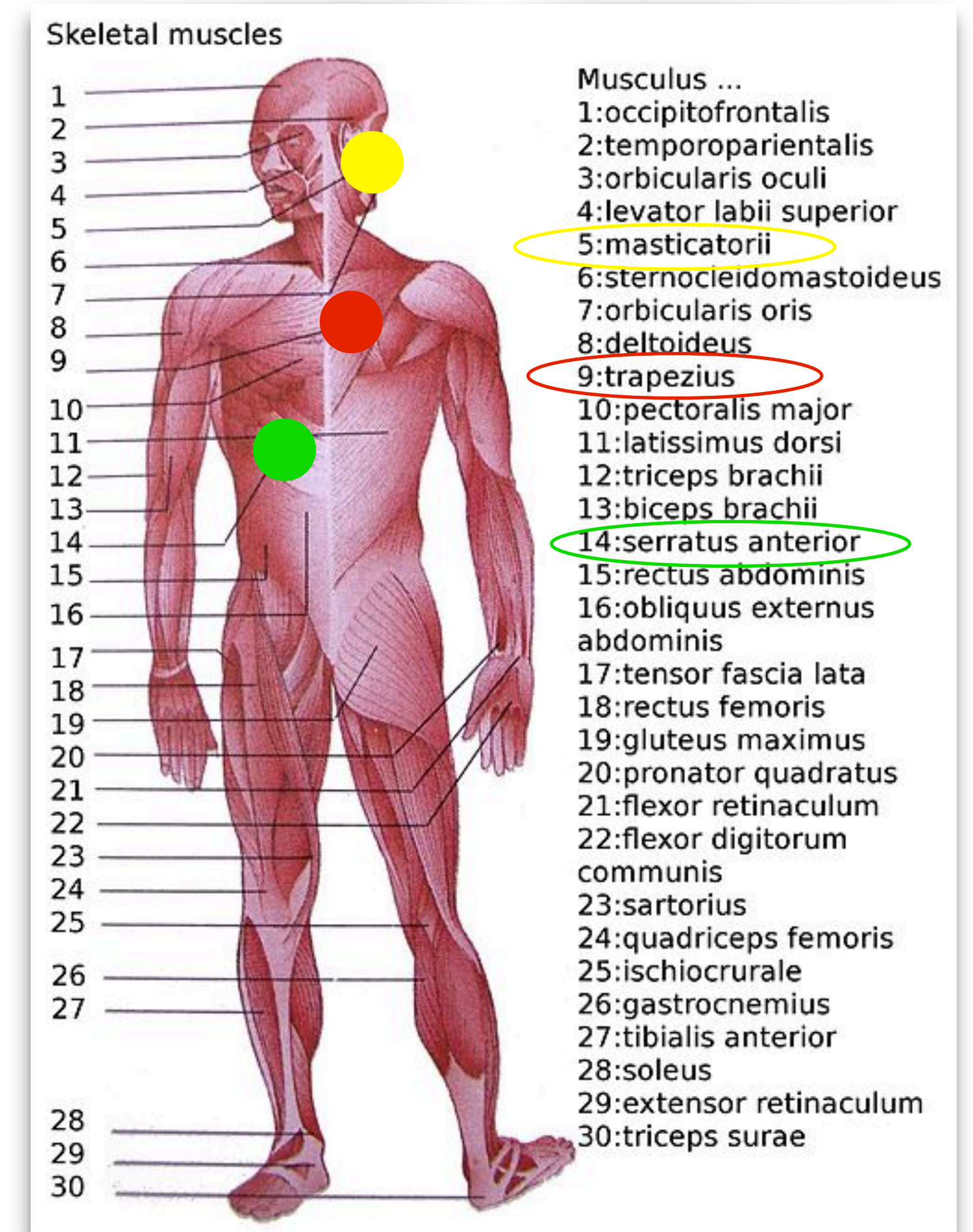
**NEXTLEVELMEMORY**



# MEMORIZE LISTS

## 30 Skeletal Muscles

- You can use your body as a Journey
- Attach images to your body where the muscle is
- 5) masticatorii - Mastodon + cat
- 9) trapezius - trapeze artist swinging
- 14) serratus anterior - serrated knife held by an ant



# NEXTLEVELMEMORY

# MEMORIZING INFORMATION IN GROUPS

- Store and group images in one room of your Journey
  - Group together (living room is group, kitchen is another)
  - Or use entire Journey for 1 group
- Pack in more info, use less Journeys
- Need to review more carefully since many images



**NEXTLEVELMEMORY**

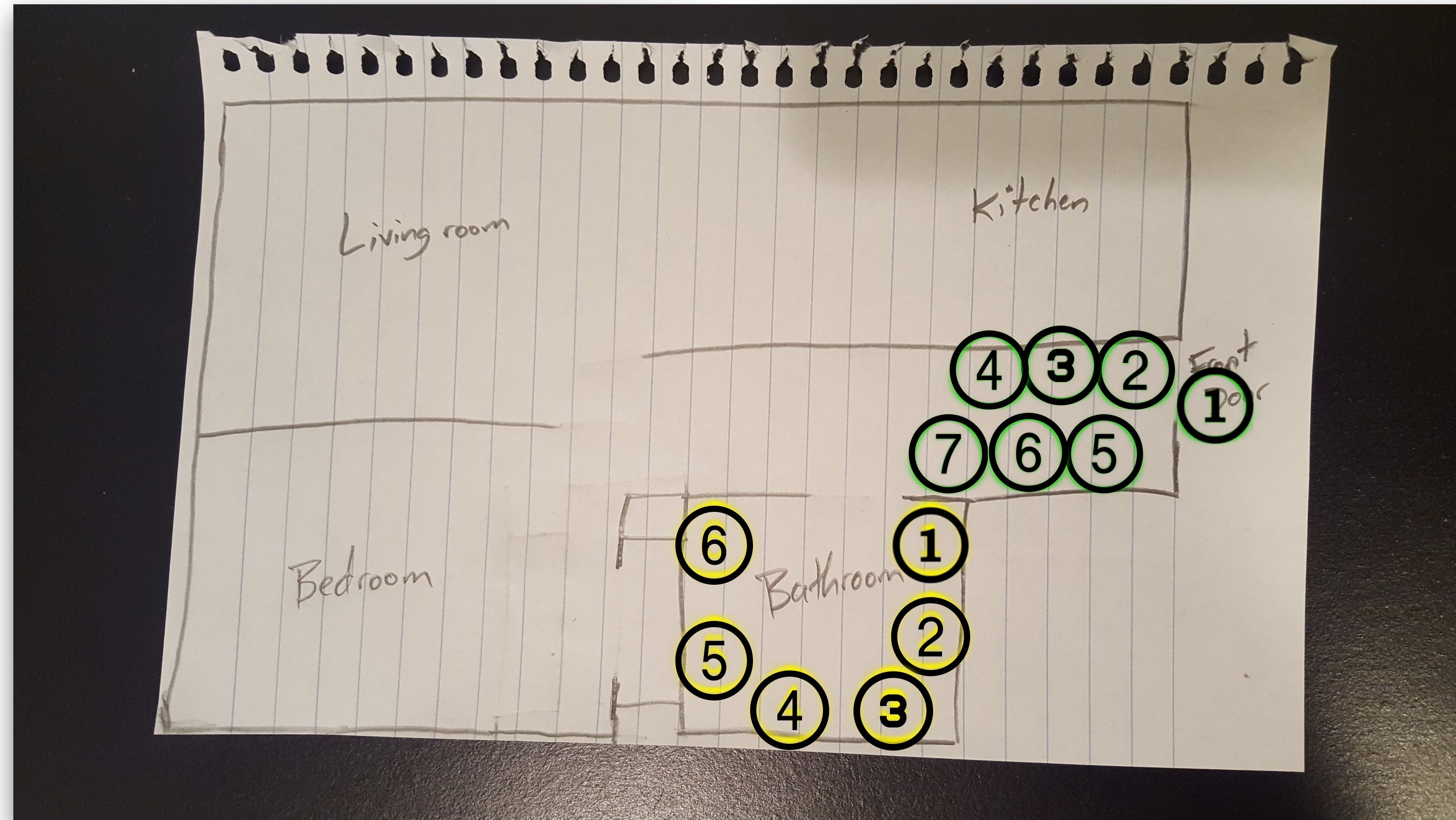


# MEMORIZING INFORMATION IN GROUPS

- For memorizing groups, designate a different room/section of your Journey for each group
- Noble Gases by the front door, Alkali metals in the bathroom, etc.

## Noble Gases

- 1) Helium
  - Balloon
- 2) Neon
  - Neon light
- 3) Argon
  - Pirate opens an empty treasure chest.
  - "Arr, it's gone"



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# VOCABULARY & THE LINKING METHOD

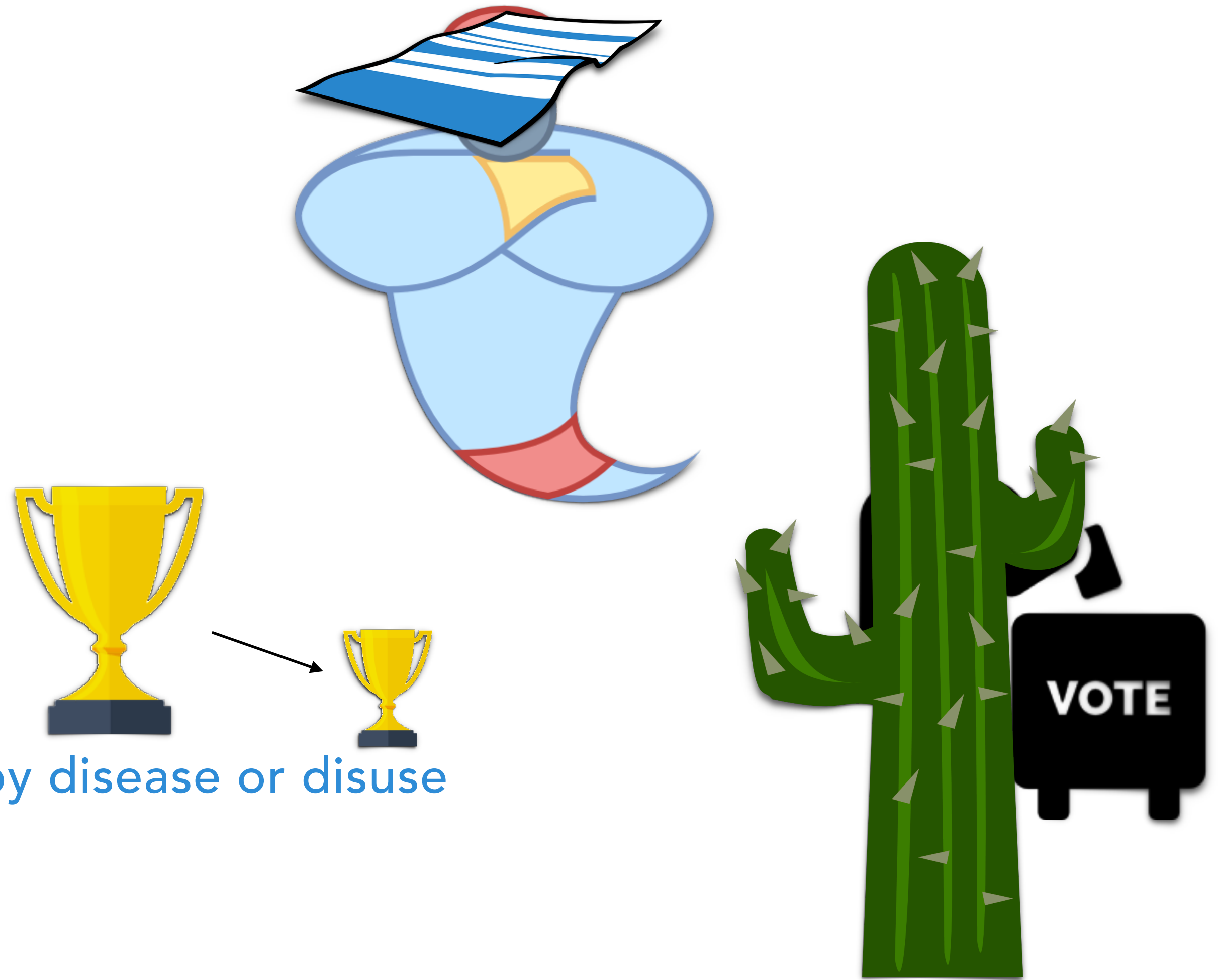
- You can memorize vocabulary, terminology, formulas, and facts without a Journey
- Use linking method
  - create 2+ images and combine them together into 1 image or story
    - Vocabulary: image for vocab word + an image for definition
    - Math formula - image for each part of formula, then combine into 1 story



**NEXTLEVELMEMORY**

# VOCABULARY & THE LINKING METHOD

- covet - to wish, long, crave for
  - covet = "cover" (blanket)
  - to wish = genie
  - review the link & imagery a few times
- caucus - meet to select a candidate
  - cactus voting
- atrophy - decrease in size of an organ caused by disease or disuse
  - A trophy shrinking



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# VOCABULARY & THE LINKING METHOD

- You will remember these links without a Journey because you are creating a trigger
- When you see the vocab word OR the definition, you remember the association you made and the image you created
- Example: A test asks: What word means “a decrease in size of an organ caused by disease or disuse”?
  - When you read that definition, you think of shrinking
  - When you think of shrinking you see the image of the trophy shrinking
  - You remember: Trophy = Atrophy
  - Same thing visa vera - “What does atrophy mean?”



**NEXTLEVELMEMORY**



# VOCABULARY & THE LINKING METHOD

- Medical terminology
- Prefix, Suffix, Root (if you know these, you know hundreds of words just by combining them together)
- Prefix:
  - hyper- = excessive



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# VOCABULARY & THE LINKING METHOD

- Suffix:
  - -plasty = surgical repair
- Root word:
  - rhin/o = related to the nose

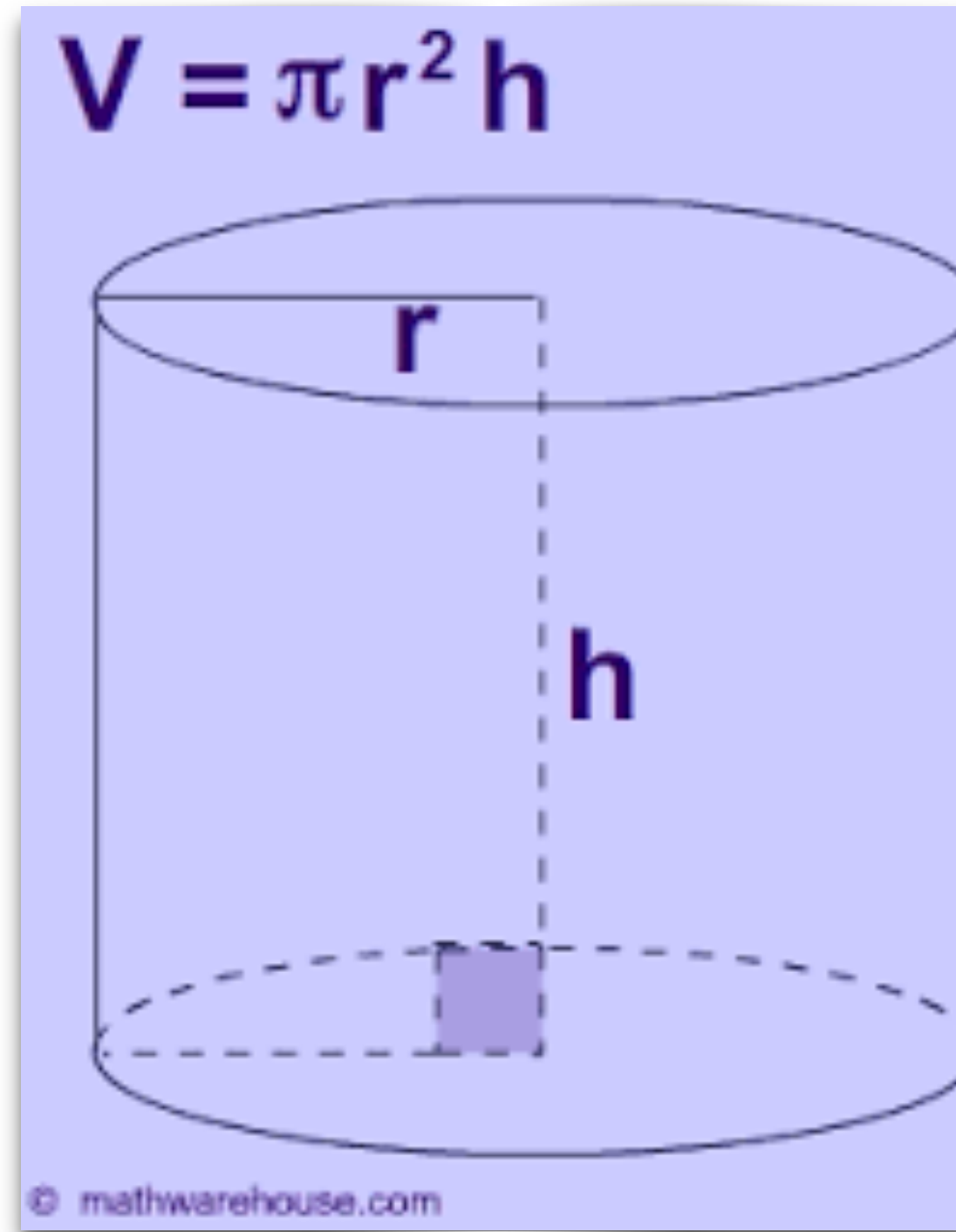


NEXTLEVELMEMORY



# MATH FORMULAS & THE LINKING METHOD

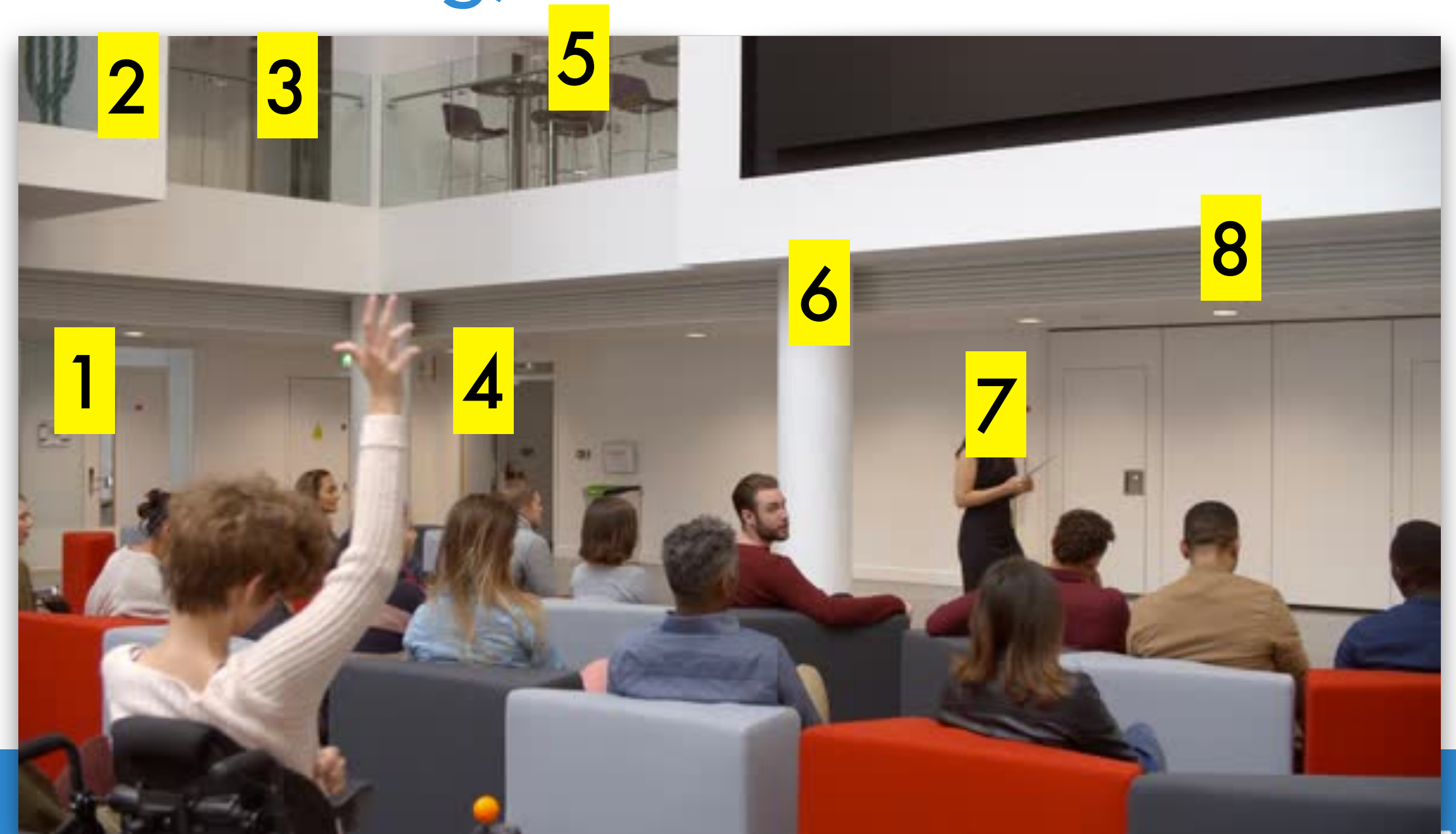
- Create a story, link with images
- Volume of a cylinder =  $\pi r^2 h$ 
  - $\pi$  = pie
  - $r^2$  = Rat eating squares
  - $h$  = Helicopter
- For longer, more complex formulas; create multiple images and store them in a Journey



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# CREATE JOURNEYS QUICKLY

- Creating a Journey on the go:
  - Think of a place you know and create checkpoints as you memorize
  - Use room you're in (one for each class or setting)

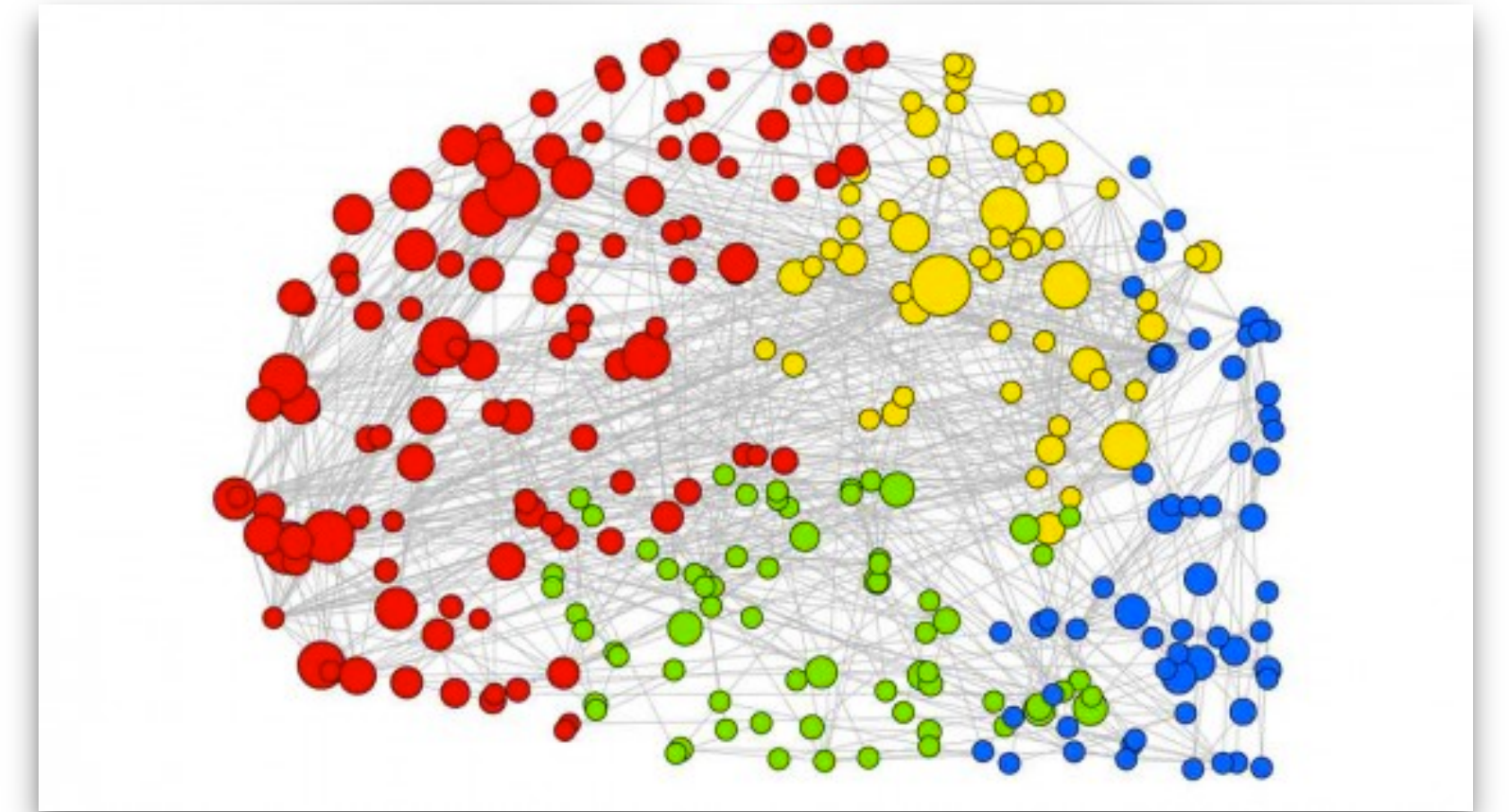


**NEXTLEVELMEMORY**



# THE INTERLINKING TECHNIQUE

- To form stronger connections, study all new information / multiple subjects together
  - Spanish, Government, and Computer Science
- Mix flashcards or notes together
- Studying this way makes stronger connections as you're forced to pull from a broad base (using multiple Journeys or Links)
- This also keeps learning more interesting



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# KEY TAKEAWAYS

- Take notes/highlight to pick out the main, important points
- Create Images for your Journey or for Linking
- Memorize Lists/Groups of information by chaining/bunching them together in a Journey
- Learn Vocabulary, Terminology, Facts, Math Formulas by linking the images together into 1 image
- Use the room you are in as a Journey...create checkpoints on the go
- The Interlinking Technique: study all new information together to create stronger connections



**NEXTLEVELMEMORY**