NEXTLEVEL MEMORY

HOW TO MEMORIZE TEXT & INFORMATION

BOOKS, SCRIPTURE, POETRY, LYRICS, QUOTES, AND JOKES

WHAT YOU'LL LEARN IN THIS MODULE

- How to Retain What You Read/Learn (Books, Lectures, Videos, etc.)

- How to Memorize Text Word for Word (Scripture, Quote, Poem, etc.)

- The Ken Jennings Technique for Storing Knowledge

- Using Journey Rooms to Store More Information

- What I Recommend

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RETAIN WHAT YOU READ

- It's too much to try remembering every single piece of information you read, so…

  - you need to get good at picking out and noticing the important points / parts that you want to remember

- Convert these main points into a simple images

- Depending on what you're trying to remember, you will used either

  A) the Ken Jennings technique (linking method), or

  B) Journey Rooms Method

- *I will teach you both ways, then give you my recommendations at the end

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RETAIN WHAT YOU READ

- There are 2 ways to memorize text:

  1) Create images for the main points <u>as you read</u>

     - Quicker. But may forget information without backtracking to review.

  2) <u>Highlight or take notes</u> & memorize from that

     - Notes are easier to memorize and **review**.
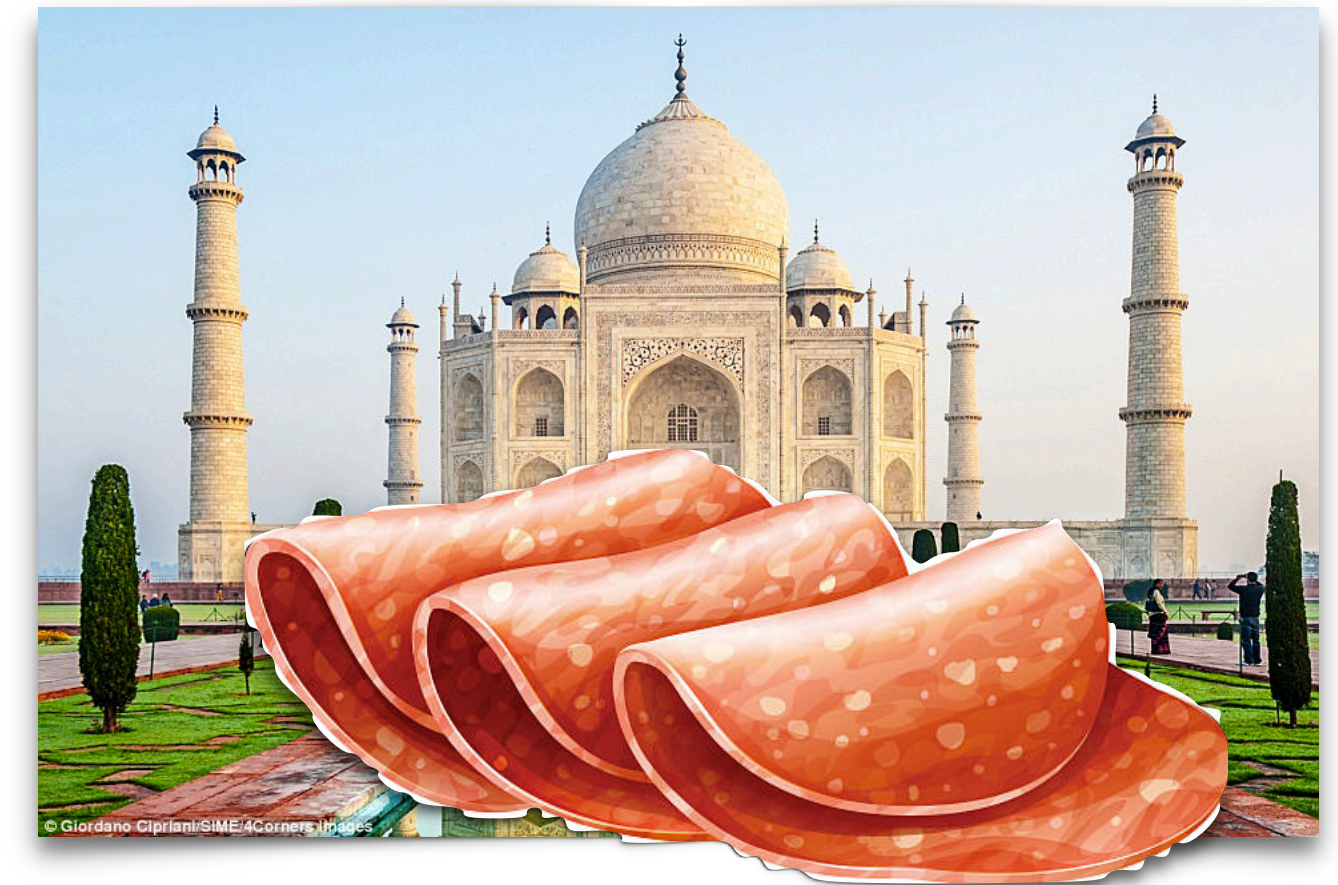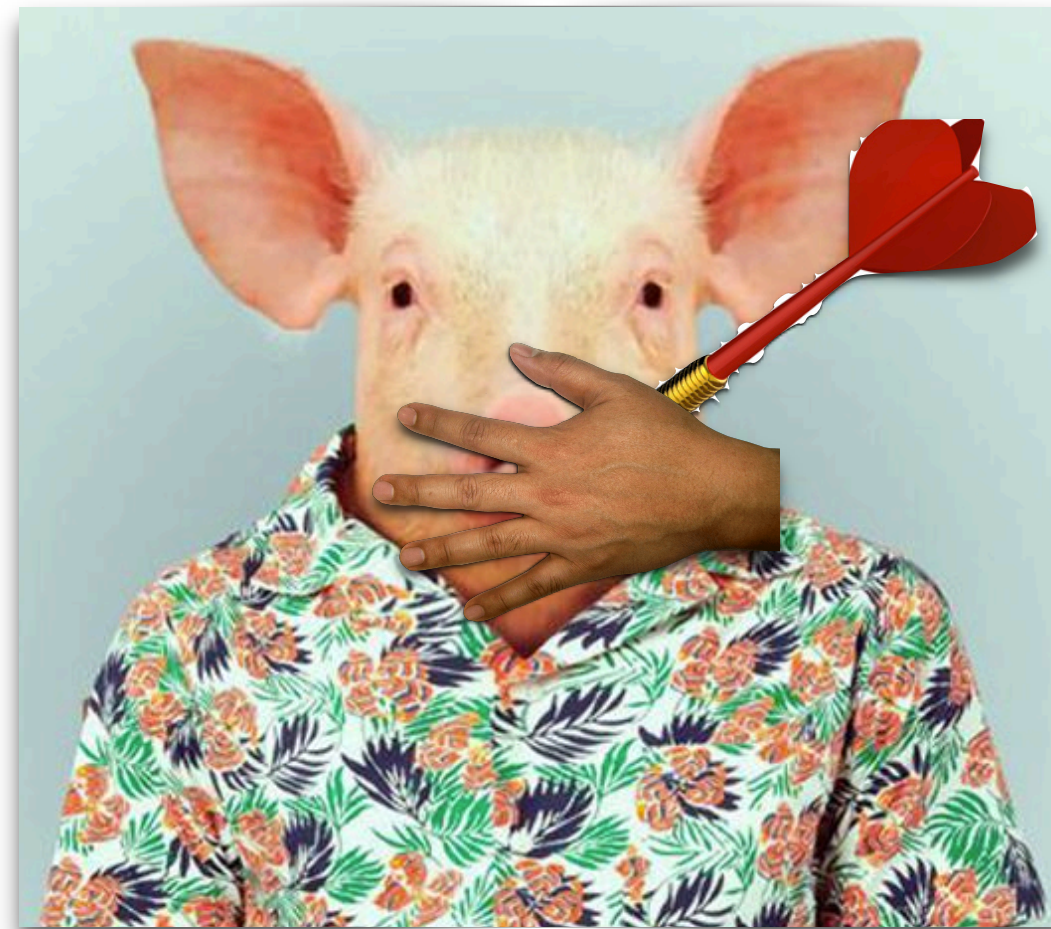
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EXAMPLES OF CREATING IMAGES

1) Dartmouth College is located in Hanover, New Hampshire

- Image: Throwing a <u>dart</u> in the <u>mouth</u> of a pig (<u>ham</u>) w/<u>shirt</u>. He puts his <u>hand</u> <u>over</u> mouth.

2) The capital of India is New Delhi

- Image: The Taj Mahal (represents India) has been renovated into a deli.

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HOW TO REMEMBER & RECITE WORD FOR WORD

- Things like: Scripture, Poetry, Quotes, Song Lyrics, Jokes, etc.

  - can be memorized word for word (or paraphrased)

- It will require more imagery and a bit more review time

  - But it is the absolute best way to memorize anything in detail

REMEMBER & RECITE WORD FOR WORD

- Example: Bible verse from *1 Corinthians 13:4*

  - *"Love is patient, love is kind. It does not envy, it does not boast, it is not proud.*

- Break it down into multiple images

  - 1 image per sentence, 1 image per half sentence, etc.

  - Depends on structure of sentence and your preference

  - Here's how I would do it..

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REMEMBER & RECITE WORD FOR WORD

VERSE

- Love is patient,

- love is kind.

- It does not envy,

IMAGES

- Heart (love) on a hospital bed (patient)

- Heart rewinding VCR tape

- Clown from "It" with a doe snotting on money (envy)

REMEMBER & RECITE WORD FOR WORD

VERSE

- it does not boast,

- it is not proud.

IMAGES

- Clown + doe snotting on a beef roast

- Clown snotting on bumper sticker

I'M PROUD OF MY
STAR STUDENT
OAKVILLE ELEMENTARY

REMEMBER & RECITE WORD FOR WORD

- Most text can be paraphrased (like we did in the last example)

  - You don't need an image for every single word to remember it all

- But…

  - If you do want to memorize EXACTLY word for word (including punctuation), you will need an image for every word and punctuation mark.

  - Here's how to do it…

REMEMBER & RECITE WORD FOR WORD

- Most words (nouns, adjectives) are easy to quickly create images for

- However, common words (the, a, if, and, so, why, what,…) are much harder.

- So, I create my own:

WORD	IMAGE
that	hat
the	inch worm
me	Mini Me
are	pirate
his	snake hissing
there	hair
and	sand

WORD	IMAGE
I	eye
to, too	tooth
with	witch
from	prom
they	hay
have	shave

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REMEMBER & RECITE WORD FOR WORD

- Create images to remember punctuation (,.;!?)

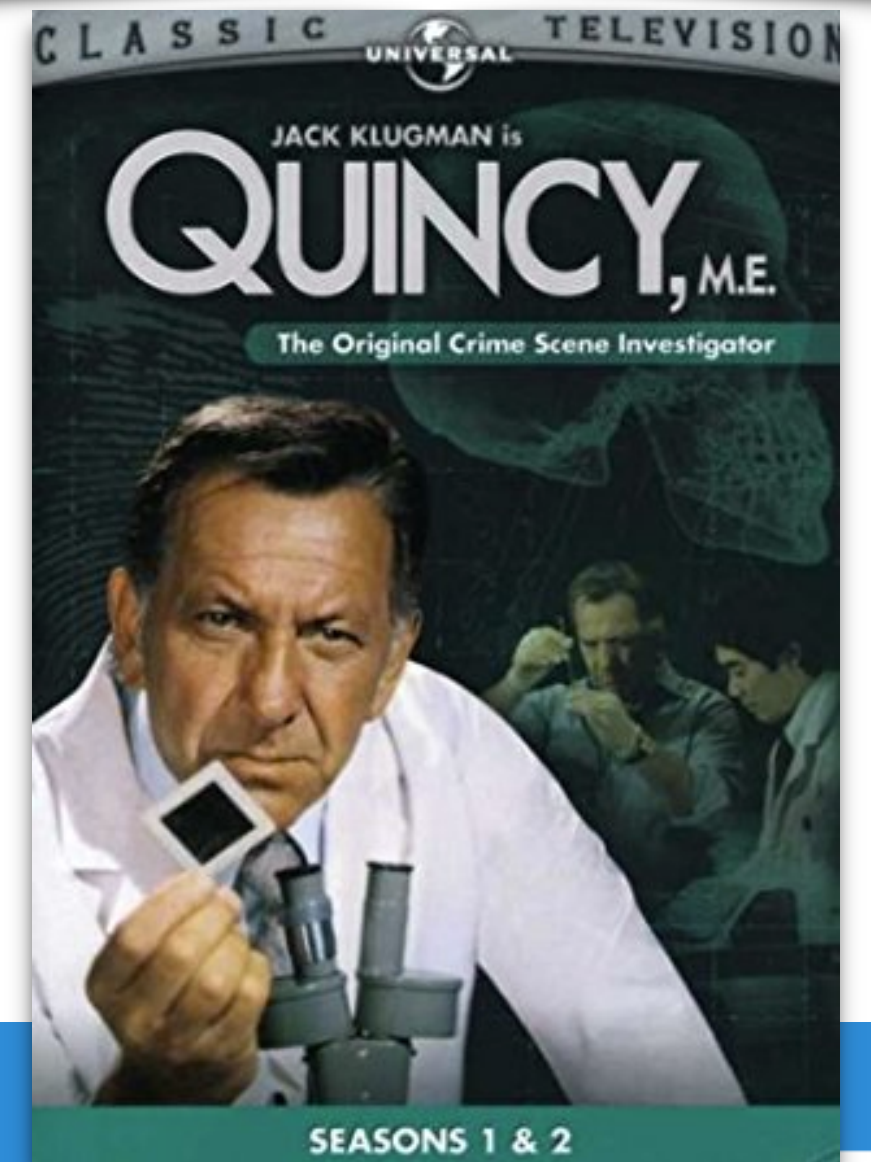|				
comma ,	getting wet, dripping		*italics*	blowing in the wind
period .	NAIL		**colon :**	intestines/poop
Capitalize	steroids/supersize/buff		**semicolon ;**	semi truck
<u>underlined</u>	laser beam		**dash -**	dash of pepper

REMEMBER & RECITE WORD FOR WORD

- Example:

  - *"His teacher likes that book too."*

- Imagine:

  - *His teacher* = snake hissing at a teacher

  - *likes that* = teacher licking a hat

  - *book too* = hat contains a book with a tooth

  - . (period) = a large nail is hammered into the book

WORDS	IMAGES
his	hissing snake
that	hat
to, too	tooth
period .	NAIL

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KEN JENNINGS TECHNIQUE

- Ken Jennings (Jeopardy) uses the <u>linking method</u> to memorize facts as he reads

- Example: To remember that President John Quincy Adams was elected in 1824.

  - Jennings says: "I'd picture Quincy, M.E. working a 24-hour shift or something."

- **Forming an image that associates/links all the information is all you need.**

- You can store images/stories like this in your Journeys, or simply link the images as you go (like Ken does)…no Journey required. You're just mentally connecting information together.

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JOURNEY ROOMS = STORE MORE IMAGES

- Store all info (from one book, one poem, etc.) in one room of your Journey

  - Group together (living room is one book or one poem, kitchen is another)

  - Or use entire Journey for 1 book, 1 poem, etc.

  - Beneficial for storing lots of information (books, studying)

- Pack in more info, use less Journeys

- Need to review more carefully since many images

JOURNEY ROOMS = STORE MORE IMAGES
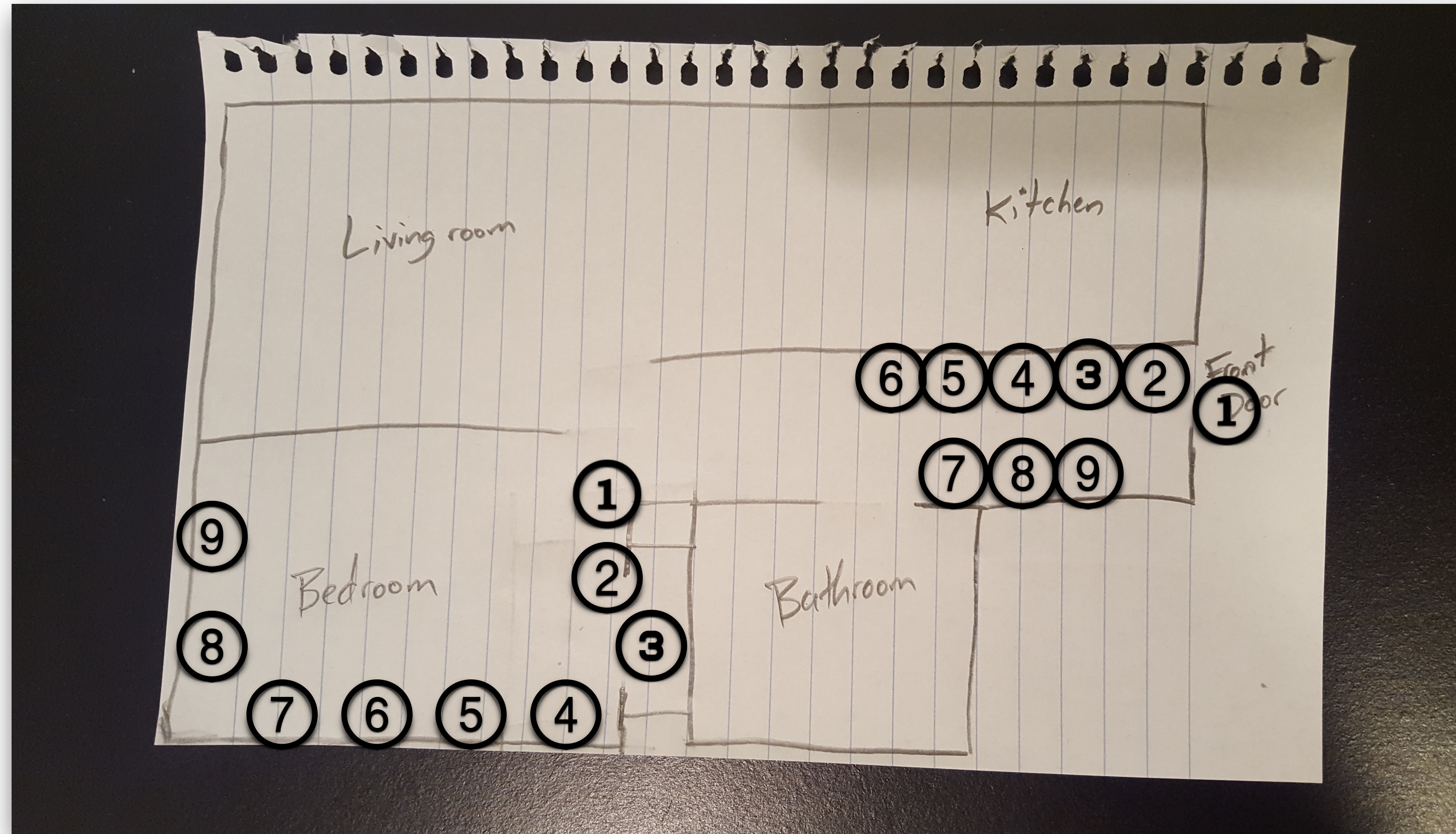
- Interact images with each other

  - image 1 bumps into image 2, touches 3, leans into 4, etc

  - like falling Dominos

JOURNEY ROOMS TO STORE MORE IMAGES

- Instead of having 20 locations in your entire Journey, pack your Journey with many images in a chain

WHAT I RECOMMEND

- If you're simply trying to remember/retain more of what you read

  - Use the **linking method** (Ken Jennings technique)

  - Just create **simple images** that link all the main parts together. <u>**No Journey required.**</u>

- If you are memorizing specific text (poems, scripture, quotes, etc).

  - Use the Journey method. **Journey rooms** to store more images/info.

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KEY TAKEAWAYS

- Either a) memorize as you read/learn or b) memorize from your notes/highlights

- Memorize <u>word for word</u> by creating images for each word and punctuation.

- Ken Jennings technique (linking method) - create quick imagery that links the main pieces together

- Journey Rooms can store more information and/or group information together

- Review to retain information as long as you want

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