



Improve your memory workshop

Aim

You can improve your memory significantly by learning more about how it works, observing better and paying attention to the things you want to remember. You can also learn to memorize names, figures, (phone) numbers, etc. by applying some simple memory techniques.

Target group

This workshop is suited to anyone who wishes to sharpen their memory and learn techniques for improving their memory in different fields.

Length

Approx. three hours



Content

- Introduction

We begin with information on the importance of a good memory.

- Memory test

How good is your memory? Before starting to use your memory more efficiently, it is interesting to see how good it is now. This is tested using two different memory tests.

- Memory types

The three different memory types are treated: the sensory, short- and long-term memories.

- How memory works

You can optimize your short-term memory in two ways: through concentration and motivation. To then ensure that information is transferred from the short- to the long-term memory, you need to apply the ideal repetition pattern.

- How to improve your memory

How do we remember things? How can we improve the way we do this?

- Memory techniques

Three different memory techniques are dealt with: memorizing names, numbers, and things in specific order (the Roman room or loci system).

- Memory test

The workshop concludes with a memory test using the techniques you have just learnt.



Programme

- Introduction
- Memory test
- Memory types
- How memory works
- How to improve your memory
- Memory techniques
- Memory test

Our memories are the treasury of our thoughts.