



## Mnemonics Workbook: Skills for Improving Memory and Recall

By Eric Gibbons

Createspace, United States, 2011. Paperback. Book Condition: New. 248 x 198 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.As a high school student I became more and more easily distracted and my grades suffered. I received my first F as a sophomore. Though I could blame bullies for some of the distractions, they really were not an excuse for the study homework I struggled with. Quite luckily my mother had returned to college about this same time and was taking a psychology class about memory. The topic of mnemonics caught her attention. As a creative kid who loved art classes, my mother recognized that as a visual learner, this might be helpful for me. She helped me understand three main techniques and my grades went from C s and D s to A s and B s. Even in college I used these techniques to study. I even did an exchange to Japan in 1988 and they used mnemonics to help foreign students learn Japanese. These techniques tend to work best with visual learners; people who have vivid imaginations, maybe like to doodle a lot, remembering things visually. I was one of those kids that could...



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