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| Applications of Research into Memory: Memory Aids | | | |
| *Note: You should use this information if you get a question about real life application of research into memory.* | | | |
| 1. Use of Cues  * Cues work on the assumption that ‘lost’ information is just inaccessible and can be retrieved. * Cues help to trigger and therefore access lost information. * Cues can trigger memories through any of the senses for example, the smell of Plastercine may remind someone of an event from their childhood. * Another real life example of the use of cue to aid memory is police reconstruction of a crime. This can aid both visual and verbal cues. By recreating the context of a crime, police hope to trigger witnesses’ memories. * You could even use cues to aid your memory during revision. For example, a student could wear a specific perfume/aftershave when revising a certain subject, if they then wore that scent on the day of the exam, it would act as a cue to trigger retrieving information for the exam. | | http://www.doverport.co.uk/_assets/client/images/collateral/police-helmet.jpg | |
| 1. Mnemonics - Acrostics  * The work mnemonic is an umbrella term for any memory aid. * An acrostic is a sentence/phrase of words that begin with the same letter as the list of words you would like to remember. * For example, Richard of York Gave Battle In Vain is an acrostic for remember the order of the colours of the rainbow. (Red, Orange, Yellow, Green, Blue, Indigo, Violet). | 1. Mind Mapping  * Mind mappings are another way in which to aid your memory. * If constructed correctly, there are supposed to improve recall because they are organised in the same way in which memory is organised. | | 1. Use of Imagery  * If you have to learn and remember written information it has been found that relating it to images (or pictures) will help. * Not only does it give the information more meaning, it also doubles you chances of remembering it (i.e. having a word and an image to recall). |
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