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Mnemonics  
Remembering based on visual thinking

On the basis of the course of the School of rational reading

Moscow School of Management Readings,  
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Reviewer Ph.D., Professor VD Timofeev  
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The guide outlines the main provisions of mnemonics and how to memorize the most common types of information.

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Preface

Collegiate Dictionary gives the following definition of mnemonics:

*Mnemonics* (Or mnemonic) - from the Greek. mnemonikon - art of memory, means a set of techniques and methods that facilitate the storage and increase storage capacity by forming artificial associations.

Mnemonics known since ancient times and has at least two thousand years. It is believed that the word "mnemonics" Pythagoras of Samos was introduced in the 6th century BC. Oe. The first extant work on mnemonics attributed to Cicero. Mnemonics studied, worked and taught Giordano Bruno: her interest in Aristotle and taught this art to his pupil Alexander of Macedon. Phenomenal memory, based on the GMS ®, had Julius Caesar and Napoleon Bonaparte.

Is not an exhaustive list of people whose names are associated with the art of memory (as in ancient times was called a mnemonic) include: Seneca, Augustine, Simplicio, Quintilian, and Harmada Metrodorus of skepticism Semonida Keoskogo, Martial of Carthage, Albertus Magnus and Thomas Aquinas, Jacopo Ragon, Romberha, Giulio Camilla, Raymond Lully, Giordano Bruno (Shadow, Circe, seals, statues, images), Peter Ramus, Perkins, Campanella, Lambert Schenkel, Adam Brooks, Leibniz, Bacon, Descartes.

Maybe mnemonics addicted only in the distant past, but nowadays the interest in it has disappeared? Nothing like that.

The founder of the national school of Neuropsychology Luria studied the long-term memory mnemonist who could consistently with a single perception memorize series of 100 digits or more.

The literature describes cases of phenomenal memory. 26-year-old telephone operator China Harbin remembered 15 000 phone numbers 10 cities in China.

Dominic O'Brien of Britain remembered the sequence of cards in 40 different decks with only one error. Moreover, each card was shown to him only once. Record set them November 26, 1993 in the studio, "Bi-bi-si" in Elstree (UK). March 25, 1994 at the presentation of the Guinness World Records Dominic remember the sequence of cards in a deck of 43, 59 seconds (showing 0 memorization speed, 84 seconds per card).

S.-old Indian Mahedevan, psychology student from the city of Mangalore, set a world record for memorizing the memory in digital media. Three hours and thirty-nine minutes, he had memorized and repeated by rote 31 811 digits. The previous record was 28 013 figures in 9 hours 14 minutes. Assuming that the memorization of numbers performed by dividing the number by three digits, the number of images, in the first case the rate of memory was 1, 2 seconds, while the second - 3, 6 seconds on a visual image, which contains just three numbers.

In these records of striking high-speed memory, ie, the average time spent on memorizing one piece of information.

As you can see, interest in GMS ® is currently not waned. Moreover, the types of mnemonic techniques of memorization are constantly being improved by new ideas about the mechanisms of human memory. Now a phenomenal memory of the wonders of the discharge goes into the category of ordinary, every available skill of memorization, which can be formed as any other skills.

The exercises are performed by trainees in the "School of Management Readings" on course mnemonics are composed of hundreds of figures, which are stored without errors. Accurately stored and other information: words, letter combinations,
telephone numbers, historical dates, the names, titles and foreign words
- Information, the estimated storage that does not make sense.

**The content of the course of mnemonics**

Mnemonics is based on several simple principles. Process of remembering can be
controlled consciously, if carried out in the memorization of the visual analyzer system.
Writing in memory implements a simple mental operations "Connecting Images". To quickly
convert any kind of data into images, apply a limited set of techniques encoding. Duration
store information in memory depends on the frequency of activation of stored information. If
you need this information in visual images can be transferred to the reflex (automatic) level of
recall. In this case, I recall memorized information very quickly and are exempt from the
support of visual images.

Features memory using mnemonics techniques to dozens of times exceeds the capacity
of conventional memory. So, for a man virtually impossible task of memorizing two hundred
figures. Mastered the techniques of mnemonics remember this amount of accurate information
in just 10-15 minutes.

The volume of stored information by using mnemonics is limited to low speed
memory (standard - 6 seconds to memorize an image), and fatigue occurring in the process of
remembering. However, as practice shows, this rate is more than enough to store the data
found in the educational process and in everyday life.

Mnemonics to remember is accurate. Therefore, the more complex information in terms
of normal memory, the easier it is to remember the methods of mnemonics.

In the first five lessons you learn and master the basic memorization techniques, based
on the possibilities of visual thinking. These techniques are practiced on a large number of
pointless and not logically related information. You will learn to memorize long sequences of
different ways of words, abstract concepts, place names, meaningless letter combinations,
double and triple-digit numbers.

Once you have a will form the initial skills of memorization, you will consistently
explore and develop various techniques of memorization. You will learn how to memorize
historical dates and some whole chronological tables. Learn how to memorize telephone numbers
in order and in alphabetic order. You will be able to keep his memory whole blocks of
information about people (names, addresses, telephone numbers of their cars), get acquainted
with the technique of memorizing foreign words and sign language systems (transcription,
Japanese hiragana alphabet - and so on). Methods of mnemonics to help memorize better textual
information of a small amount (within the textbook section). You will learn
memorize numerous anecdotes can remember quickly and without errors 200-400
random numbers.

During training, you will form memorization skills, without which mnemonic
techniques work very slowly, and often - do not work. For example, a technique of
memorization of foreign words is simple enough, but on condition that you will surely possess
the basic methods of encoding information in images and obrazuete connections between
images quickly and reliably.

Remembering - a skill. And this skill can be determined with high accuracy for
speed, volume and number of memory errors. To control the learning outcomes used a
specially designed program "Master of Memory", which controls most of your memory to
two decimal places.
A person not trained in memorization technique, can not remember even the introductory test of 20-digit numbers, while the last course confidently memorize hundreds of digits.

We emphasize that this course of mnemonics - the base, it presents the most basic and simple techniques, methods and techniques of memorization. This course does not include the study of the system memory, storing large amounts of semantic information (preparation for oral presentations), principles of formation of an infinite sequence of reference images, figurative codes of fixed three-digit numbers, technology "Calendar".

Training exercises do not exceed the 300 items memorized information. These techniques and memorizing large amounts of information related to the second level of complexity and can be learned by yourself, after basic training techniques.

By studying the proposed course of mnemonics, you get everything you need to develop skills of memorization: consultation and clarification teacher, graphic techniques of memorization by hundreds of examples, a tutorial system with training exercises, training and examination program that will monitor your memory at home, doing homework.

The authors of the course did everything to make the learning process was interesting and effective. However, the outcome depends on you, from your hard work, perseverance, and perseverance. We believe that learning outcomes will satisfy the most hardened skeptic does not believe in training system memory.

Mnemonics are widely used in everyday life, business and education. The ability to learn - it is much more than just a good memory. Human memory - the most reliable test for the development of intellectual processes. As man's strength is tested by the number of push-ups, and intellectual potential of man can be accurately determined from the speed and volume of memorization.

Positive side effects of mnemonics training are as follows:

- strong development of visual thinking;
- development of sustained attention (the ability to long-term concentration);
- ability to form effective independent learning.

How is the storage

The main "secret" of mnemonics is very simple and well known. When a man is in his mind joins a few visual images, the brain captures this relationship. And later in the recollection of one of the images of the brain plays all the associations connected to earlier images.

But how, using this mechanism, we can remember telephone number, date, or an entire historical chronological table? This question gives an exhaustive answer mnemonics.

Features visual memory is much more than you think. The process of fixation of visual images in memory good enough to control. To understand why mnemonist retain information through visual representations, let us consider a simple analogy. You know that the computer inside your CPU has only the zeros and edinichki. To understand computer commands, they must be coded accordingly. There are special devices, reverse coding computer language into the language of letters and words.

It is well known that the language of the brain - these are images. And, above all, visual images. If you access the brain's language, it will execute any of our team, for example, the command "remember." But where are programs that allow us to
communicate with the brain and would encode telephone, date, number of cars on its figurative language? Mnemonics is a program. It consists of dozens of mental operations that make possible to "make contact" with the brain and take conscious control of some of its functions, in particular, the hash function. By learning to communicate with his own brain, you'll not only learn to memorize, but also see his work from the inside. For you to become apparent, many phenomena that still remain an enigma for psychology.

To make contact with the brain and ring path to your memory, you will have a little practice. A simple introduction to mnemonics will not work. Brain stubbornly resists any "innovation". But the Russian proverb says, "patience and make a little effort."

**Features of the "Virtual mnemonics"**

The literature describes dozens of systems of mnemonics, the diversity is reduced to two basic types - classical mnemonics, originated from the book «Ad Herennium» (86-82 gg. BC), and pedagogical mnemonics, as articulated by Peter Ramus (end of XVI century, England). Classical mnemonics always been based on the mechanisms of visual (image) of thought, then as a pedagogical mnemonics abandoned operations with images and focused on verbal thinking. Typical methods of teaching mnemonics - A breakdown of the memorized material in a very small part of the intensive repetition of these parts (cramming), the production of phrases in the letters received from the storage of numerical information, search for patterns in the storage of information, its classification and systematization, drafting of block diagrams. Well-known expression "every hunter wants to know where the pheasants are sitting" refers to the teaching GMS ®.

What better mnemonics - reader to judge. In our opinion, has the right to exist, any memory system, which helps facilitate the learning process.

The system of "mnemonics Virtual" refers to the classic mnemonics and based on visual thinking. Its distinctive features are:

- system has a clear theoretical and experimental study (to date no considered);
- memorization techniques are unified. Different combinations of limited set of techniques, almost any information stored;
- widely used figurative codes that provide fast storage;
- Any information collected in the memorization of blocks that can be further systematize;
- Many new ways of remembering;
- used in practice patterns of memory, not previously described in psychological literature;
- introduced the concept of "memorization skill," and developed a precise system control memorization skill;
- to memorize foreign words used phonetic figurative codes;
- introduced a way to control reflex level of memorization.
ACTIVITY 1

Conscious (any) using the methods of memorization mnemonics based on the mechanisms of visual thinking.

1. **Mental operations with images**

   During the lessons you will not only be shaped to remember, but also modify the images. These changes are carried out through the following mental operations.

   **Combination of images.** With this mental operation simulates the process of natural perception and subsequent remembering. In your imagination you can string together a few visual images. The brain remembers the relationship between them. If necessary, one of the images in this group he plays all the above combined image. Operation "combination of images" - a kind of switch mechanism of remembering.

   **Overlay images.** Images mentally superimposed on each other without connecting them (one image as it were, on the other - closer). It is used in some techniques ("The Matrix") and difficulty in remembering. Lets remember the weak interactions that come to mind easily. The same mental operation used to form links between different representations of the analyzer systems, such as securing a new memory of foreign words. In this case, the visual image is superimposed no other visual image, sound and memorized the words. Overlay of images allows us to establish a direct relationship between image and sign, or an arbitrary number (learning of figurative codes, signs and symbols).

   **Increase - decrease the size of the images.** On the small (remote) image become invisible image files. If this image is mentally increase, then it can be considered the previously formed relationships, which are coded specific information such as phone number. This mental operation is actively used in the formation of associations with various parts of the same image. Attention is focused on any podobraze. This podobraz increases and occupies the inner space of consciousness, displacing a part of the image and other associations.

   **The rotation of images.** This mental operation allows you to see the images presented from different perspectives and read them with different associations. Due to the rotation of mental images on a single image can be written many other images. For example, mentally rotating the image of the radio, we can form various associations to parts of the receiver. A simple rotation of images in the imagination is good exercise.

   **Isolation podobraza.** From the image stands out the most typical of the way podobraz. Further operations are carried out by memorizing this podobrazom. Applies, for example, in "Methods of isolation distinguishing characteristic." Thus, it is easier to remember the image of a wrench than a mechanic way. Simplified images can be linked together, thus forming a simple, compact and informative links.

   **Transformation of images.** Images should be converted so that the subject did not change its value. For example, when transforming the image of a pencil he always has to be pencil thin or thick, long or short, straight or curved, but still with a pencil. With intensive use
mnemonic memorization methods quickly starts to affect a limited vocabulary in the language. Through "Operation Transformation of images," the same word can represent dozens of different ways. This mental operation is actively applied to prevent "the effect of erasing associations" that is associated with frequent recurrence of images in memorization, for example, using the figurative codes.

**Modify images.** Visualize different images of the same name: "car", "Lada", "Moskvich", "Volvo", toy car, the machine for counting money, snowblower, etc. As with previous mental operation, "a modification of images," applied to a variety of visual representations. Unlike surgery, "Modify" from the "Operation Transformation" is insignificant. When memorizing the priority to the logical function "Modify images". When used in the process of memorizing all possible types of images can be transformed.

2. **Key Concepts mnemotechnical**

**Artificial association.** Multiple images, mentally connected so that they can circle the one continuous contour line, called an artificial association. The brain remembers the images as one image. In an artificial association can be attributed to two to five images at the same time.

**A natural association.** Visible objects of world around us are interconnected. Relationships between objects are recorded automatically by the brain. If you see standing in the window, a vase of flowers, the combination is connected to the images (window, vase, flowers) is a natural association, and is remembered by the brain without your conscious participation. Natural associations are actively used in GMS ® (method of Cicero, the method of free association, memorization of photographs and illustrations).

**The reference image.** The reference image - an image, which bind other images and associations. The exact sequence of reference images, I remember easily, used to remember the sequence of coded information in organizations. The chain support image is a carrier of information.

**The basis of the association.** The basis of the association is an image around which is formed by the association. This image should always visualize larger than the other members of the association of images. The sequence of associations is stored on their bases. Other images of the association called the elements of the association.

Symbol Association

Certain images and associations linked to a sequence of associations in two main ways: directly with each other or with another sequence of images (reference images).
Remembering the sequence of associations to their basics

Remembering the association through a series of support images

Remembering the sequence of individual images to support image

Memorization skill. Memorization skill is the ability to quickly connect the images presented in a fairly long time (30-60 minutes). By the skill of memorization is the ability to quickly encode all types of information into simple visual images.

Formation of memorization skill - the main goal of the course of mnemonics. Without it, the practical use of mnemonics techniques impossible. Memorization skill in "pure form" is tested remembering information, which is shaped codes. In this case, the encoding time is equal to zero and only checked the rate and amount of memorization.

3. Four stages of memory

Encoding into the images. To remember the information in the visual analyzer system, and any memorized data must be converted into simple visual representations. This is achieved by coding techniques and methods in the first stage of remembering. Stored in the memory of visual images are transferred back to the original information in the remembering.

Many types of information are not translated by our brain into visual images are not automatically stored. Simple tricks allow encoding into visual images to transform any data. Thus, the number of initially transferred to the alphabetic code. Then, the letter code word is chosen, which already has a connection to the brain properly.

Combination of images. Once data elements are converted into visual images, they need to connect to an artificial association. Thus there is a fixation in the brain of the relationship between patterns of association. In the future any of the images recorded from the memory of the association is all the association as a whole. The process of forming an associative connection by connecting a number of imaginary mental images is called imprinting.
United in our imagination the images are stored as an image. Brain "Emphasizes" on the circuit.

Piece of information - this is a significant part of the information messages to be converted into an image. The message "1492 - Columbus discovered America" consists of three parts: the 492, Columbus, USA.

**Remembering the sequence of associations.** Remembering the sequence formed by association with specific information that formed a clear program of the recall, allowing the future accurately reproduce the sequence of remembered information.

**Fixing in the memory.** Carried out by multiple repetition of the mind. The nature of memory is that by association (relationship) spontaneously break down after about 40-60 minutes if a single perception. Duration of preservation of information in memory depends on the frequency of its activation. How to repeat described in the section "Method of active repetition."

4. **Techniques, methods and techniques of memorization**

**Memorization techniques.** The simplest mental operations on images, words and signs are called methods of memorization. For example, a translation of a letter code: 35 K PB, letters - in a word: K, B - Kubik.

**Memorization techniques.** The method of memorization may consist of a sequence of two or more simple steps. Memorization techniques are more universal. The same method can be used to store different information.

**Technique of memorization.** A combination of techniques and methods that are the most rational to remember this or that kind of information is called hardware store. There are: a technique of memorization of telephone numbers, memorization techniques chronological tables, appliances store information about people, etc.

By combining the techniques and methods of memorization, you can "tune" mnemonics for remembering different details.

5. **Rules for the formation of associations**

- The visual presentation must be simple and specific.
  Represent the images should be clear as possible in an imaginary space of about three feet away from you. Eyes closed or open at the same time - does not matter. Most students prefer to form associations GMS ® with your eyes open, fixing the gaze on a monochromatic surface.

- Submitted images must be large enough, but such that they could be closer (to increase) or remove (reduce).

- If you are in any part of the way they tied the image, then this part can not bind another image of the association. In this case the previous is erased from memory (see "The effect of erasing the association").

- Images must be connected so that they can be cut around the contour of a continuous line. In other words, the images in the association must
necessarily come into contact with each other.

- If the images are difficult to integrate, they should be in every way fit to each other by means of mental operations of rotation approximation, remove, modify, simplify. In the imagination can connect any images.

- In association formed must always be clearly visible to all of its images. You can not hide one image for another or to represent one image within another closed.

- In the process of setting up associations in your mind's eye images can be in motion. Once the images are connected, stop thinking manipulate them and fix their attention on the resulting "picture".

- Nature resulting in the imagination of "pictures" (funny - sad, stupid smart, good bad, etc.) do not affect the process of remembering. The brain responds exclusively to the fact that the connection of images. But the more emotion in the story "pictures", the better.

6. Methods of education of the associative links

Association can be formed in three main ways.

- **On the basis of allocation of the association.** One image is selected to Association of Central and mentally is larger, the association joined other images from different parts of the central image (remembering the different parts of the image).

- **On the preservation of the sequence of images in the association.** Included in the association of the images are connected in series in pairs on a particular system. For example, from left to right or top to bottom, as we usually write. In this case all images are grouped near the first image so that all could see the whole association and at the same time.

- **Arbitrarily.** All images are approximately equal association with each other and are connected at random, without a specific system.

The main thing with the formation of associative context to mind images of all the associations at the same time.

Examples of associative connection of Education

- Imagine the mind of a polar bear's face. Highlight of her mouth, eyes and ears. With these in turn podobrazami Form the three associations: chewing mouth, eyes ace, ears cake. You remember the telephone number of cinema "Arctic" - 184-27-33. Association formed in pairs. But it is important to be able to provide all the association as a whole, ie see the bear's face with the other three images on it.

- Imagine a candle. Pierce it with a pencil. In pencil, insert needle. Tie a string to the spokes. Tie a rope to iron weight. To plant a butterfly iron weight. Make sure that all images are located around the first heap image (candle). After creating a dual relationship, try to see the entire association as a whole.

- Imagine a three images: a flower bed, a feature the American flag. Connect them
arbitrarily. For example, draw on a bed a thick white line and stick a flag in it. You remember the date of discovery of America by Christopher Columbus. You can change the spatial relationship of images. Imagine the flag flower bed with beautiful red roses and a flower bed slide a thick white line.

7. Receiving "Chain"

The images are linked in pairs in the association. Image sizes of approximately the same in each pair. When you form a connection between the first and second, the first image is removed from the consciousness shifts the focus to the second. After that, the relationship formed between the second and the third way, etc.

\[ \text{Symbol reception "Chain"} \]

When a chain of images recall, in the consciousness of having just three to five images. The chain of images out of memory, there is a conscious and disappears again in memory.

\[ \text{Regimen "Chain"} \]

Always form a connection to a particular system. If the association horizontal - First place the image on the left. If the vertical Association - First place at the bottom of the image. If the images in conjunction penetrate each other - put the second image in the first. When recalling Read the images in the same manner.

\[ \text{Placing pairs of images in the imagination} \]

8. Receiving "Matryoshka"

The images are joined in pairs. The first image of the association is always greater than the second, and contains the second. After connecting the first and second image move their attention to the second image (the first to disappear from consciousness). In my mind, increase the second image and create an association between second and third images. And so on. The images always nested. In this case the association should always be clearly visible to only two images.
Recollection is similar. Imagine the first image and wait for the memory occurs second. Turn your attention to the second, increasing it, and wait for the third, etc.

Legend Reception "Matryoshka"

Please note that this way of connecting the images used very intensively. It should work out well. The first image of the connected pair of images should be much greater than the second. With increasing mental image first try to allocate it podobraz, which then bind the second (small) image pairs.

**Example.** Connect the "Matryoshka" are two images: "Thermometer" and "bucket". Imagine a thermometer is very large. Highlight it podobraz "column of mercury." By podobrazu tie mentally a little bucket. As a result of such a compound image of the "bucket" is almost invisible, if you represent a thermometer normal size. Bucket comes in our mind only after the conscious performance of mental operations "Increasing the image."

9. **The Cicero method**

The Cicero method, bases on associations formed by natural means, ie, on natural associations, is a sequence of reference images. They are formed recollection of familiar spaces. You can recall the familiar way (eg, from home to the subway). Baseline images of pre-prepared before latching or retrieved from memory in the course of remembering.

Symbol method Cicero

Mentally walk through your room and lock the account for about 10 large objects in it. Secure these items in mind by repeating them mentally.

Memorized images and associations "stuck" to the selected subjects receiving your education associations.

10. **The method of free association**

This method is a series of support images generated by the following principle. Think of any image, fix attention on it and wait in the mind by association with him there the next image. After forming a chain of free associations fasten his mind by repetition. Memorized information attached to the associative sequence selected reference images. The method is based on the fact that the memory is there are so many associations formed in a natural way
(Spoon cup saucer table ...). Not to be confused with the method of places, ie do not jump from the free associations for the transfer of objects in the room.

Symbol of the method of free association

The method of free association is very effective for the expansion of other methods of memorization. When necessary additional support for storing images, they are easily and quickly obtained by this method.

11. **Alphanumeric code (BCC)**

BCC is used to encode numbers and numbers into words. Each digit from 0 to 9 correspond to the two consonants of the alphabet. To use an alphanumeric code, in practice, learn it by heart and bring it to automatic (reflex) level of recall. Figures and numbers must be translated into letters, without delay, and vice versa.

1 - GJ
2 - DT
3 - RX
4 - CHSCH
5 - PB
6 - SL
7 - NW
8 - WF
9 - RC
0 - NM

Reflex level recall - is established a direct relationship between the different analyzer systems, in this case - between the visual and verbal. Provides instant recall (excludes phase encoding).

**Exercises**

1. Generators of the associative connection (receive education associative link) between images.

   **BED HELL CANDLE FLAG PENCIL Spokes weights ROPE PLANE MISSING SHOES Beetle Skyscraper**

   2. Remember taking a sequence of words "Chain".

   **PHONE BOOK CABINET CUP PLATE TV DOG FRIDGE BANK Hull WALLPAPERS LEAVES Sweater RIDE BIKE pie LEMON TEA PROGRAM HANDKERCHIEF Tape VALVE OUTLET wicket SUGAR**

   3. Remember the reception chain of words "Matryoshka".

   **SPOON BREAD CAP PIPE PANTS SLIPPERS sock SINKS HANDLE FLOWER HONEY YOGHURT Pajamas MOVIE KNIFE Violet-EL. MONKEY KETTLE PLUG JEEP ROBOT Mumps STICKER CANDY SKATES**
4. Remember the sequence of words by Cicero, pre-prepared sequence of reference images (25 reference images).

**WATER APPLE CHOCOLATE BOX baton ELEPHANT Chicken Mole FENCE SHEEP MOUSE BOW STAR PLATE TOWEL - YEARS. PLATE - WHEEL OF CUCUMBER SAUCE CARTRIDGES Sugar horizontal bar SOFA GLASS Bowl**

5. Remember the sequence of words method of free association, pre-prepared sequence of reference images (25 reference images).

**MEAT SEAT SPEAKER LAMP GLASS GLOBE TREE PASTA CLOUDS BLANKET SHEET BALCONY HAMMER MOTOR Sewing Machines LOS Exhausts Nightstand ROOSTER CALENDAR Clubs**

**Homework**

1. Learn the alphanumeric code. Write the numbers in front of their corresponding letter code. For example: 13 GJ KH, 56 PB SHL, 78 NW WF; 01 GJ 10 GJ NM.

```
23 - 56 - 67 - 01 - 78 - 59 - 43 - 12 - 35 - 88 -
09 - 56 - 76 - 98 - 43 - 51 - 00 - 82 - 69 - 21 -
87 - 75 - 05 - 69 - 31 - 84 - 78 - 08 - 40 - 27 -
85 - 42 - 35 - 97 - 13 - 07 - 42 - 77 - 29 - 05 -
43 - 92 - 73 - 86 - 52 - 79 - 48 - 28 - 31 - 53 -
76 - 74 - 97 - 50 - 86 - 25 - 56 - 67 - 32 - 86 -
54 - 41 - 05 - 69 - 78 - 32 - 55 - 86 - 71 - 94 -
63 - 02 - 00 - 38 - 11 - 26 - 99 - 67 - 23 - 87 -
99 - 08 - 24 - 67 - 89 - 37 - 84 - 26 - 74 - 96 -
68 - 94 - 25 - 36 - 86 - 86 - 85 - 37 - 63 - 64 -
```

2. Write letters in front of their corresponding numbers. For example: RTSSHL 96 GZHRTS 19, 25, etc. DTPB

```
3. Remember the word technique "Chain".

Watercolours MONKEY MATERIAL TERMS OF INDIAN FLAG Brambles
Metronome CUP SCHEDULE SCISSORS CIGARETTE CARDS BANNER HEADPHONES
INK CARNATIONS Needles LINE KIT GLASS DUCK TARGET PHONE BELT

4. Remember the word technique "Matryoshka".

Trough KOPEYKA GRASS CARPET MATCHES THE CLOUD CANCER BUTTON
CUBE TUBE FELT PEN NOTES BADGE CIGARETTE MAGAZINE GLASS COFFEE POT
CHURCH SHOES MICROSCOPE CAMERA CANDLE DOLLAR

5. Prepare a 10 reference images by Cicero. Remember with them the following words.

The paper COMPUTER SPRING EYE stump Film DOLPHIN PLANET MONUMENT
Holes

6. Prepare a 10 reference images by free association. Remember with them the following words.

WIRE SEAL BOWL TOY PUPPY PHOTO-EXTENSION Cologne GYPSUM
Curtains

7. Prepare 4 support by way of Cicero. For each selected image, bind the association's first words you memorized chains. In my mind, aloud or in writing immediately recall all 70 words for homework.

**ACTIVITY 2**

**12. How to regulate the process of remembering**

Memorization process is controlled and regulated. You can consciously remember the information with 100% accuracy or not at all to memorize, memorize a few hours or for a very long time, you can erase the memorized information and write in their place other information. How to adjust the memory, can be seen from the table.

<table>
<thead>
<tr>
<th>Action</th>
<th>Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>254728140863272819740325</td>
<td></td>
</tr>
<tr>
<td>317638264810924528</td>
<td></td>
</tr>
<tr>
<td>Simply view a series of numbers</td>
<td>Remembered for the last 5-7 numbers and through few minutes they will be forgotten (due to short-term memory stored in the voice analyzer)</td>
</tr>
<tr>
<td>---------------------------------</td>
<td>----------------------------------------------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Make an imprint on a series of numbers (Single, without repetition)</td>
<td>Remember all the numbers and after about an hour most of them will be lost from memory</td>
</tr>
<tr>
<td>Repeat the imprinted numbers (several time, removing them from your memory)</td>
<td>The numbers are stored in long-term time</td>
</tr>
<tr>
<td>Snap memorable string of numbers to easily recall the object (which often catches the eye)</td>
<td>Numbers available for recall at any time (subject to periodic activation of links)</td>
</tr>
</tbody>
</table>

When you only read the information (for example, a list of phone numbers), it is not memorized. To remember, you transfer the information in the shape and obrazuete Association. Remembering - an active process and requires you to strain the attention and thought. Once you memorize information in pictorial form, they will remain for some time in your memory. If you approach them will not come back mentally, they will gradually wear out. If the information you will be retried, it will continue for a long time.

13. **The method of recurrence of active**

Repetition - is the process by which information is reproduced mentally, verbally or in written exclusively from your memory. If you repeatedly reads from a textbook - this is not a repeat, it is re-perception and there is no guarantee that formed the association will be activated. To consolidate the information in its memory to recall.

Repeated recall of sealed information is called the active repetition.

The word "active" in this definition emphasizes the strengthening of all educated guaranteed association.

Therefore, before the repetition of all information should be stored in its entirety and without error. Why, then repeat? To save.

Note the significant difference mnemotechnical repetition the repetition in the customary sense to you. Usually, the person repeats to remember. Mnemonist repeat already remembered to save.

**As repeat**

- After capturing the information (encoded in the images and the creation of associative links) recall it and compare it with the original. This is called a reference recollection. Before you attach any information in its memory, make sure that they are there without any errors. Sometimes the information is stored incorrectly due to carelessness and errors in coding.

- If you find omissions or inaccuracies in memorization, note again that only part of the information, which I recalled from errors or even lost from memory. When you are sure that all
information can be found in your memory (and no errors), continue to perpetuate it, of course, if you intend to use the memorized information. If you're just doing training exercises, it is enough to recall memorized several times (for training) and should no longer repeat the exercise. After a while they will be erased from memory.

- First make the mental repetition after memorization.
- The second repetition - after about 40-60 minutes.
- The third - the same day (about 3-4 hours).
- The fourth mental repetition - the next day.

You should not scare a lot of reps. Repeat from memory is much more interesting than trying in vain to remember something the usual method. Mentally repeat can be anywhere: at dinner, while walking in public transport. When memorizing foreign words you can twist them all day long in the head, including new words in different grammatical constructions. In this realization of the principle of intensive training - learning without interruption, with a "dip" in the subject.

Mental repetition may be carried out in different ways. We distinguish three levels of repetition.

**First level.** Mentally repeat the chain only support images. A chain of 20 images, you can easily fix the 20 phone numbers. As long as you remember the reference images, you can remember phone numbers. A chain of 20 images is repeated mentally for a few seconds.

**The second level.** Repeat with the full transcript. Remember not only support images but also images, which is encoded with specific information transfer it to its original appearance. In other words, if you repeat memorized chronological table, you simply retell it mentally.

**Third level.** This is a repetition with the use of mental techniques and draw a mental pronunciation. Such repetition should be implemented in the memorization of different icons (such as transcription or hiragana), foreign words and other information that should play without delay and in its immediate form (eg, once in the form of figures of historical dates).

Here we make one important remark. In dealing with mnemonics at first attention is distracted (not strong enough to remember the information until the end). Therefore, students often repeat every time the first half of the stored information. The second part without re-activated and not lost from memory. If you have the strength to remember only half of the chronological table, remembering the next time it start from the place where you left off, and recall information to the end.

**14. Receiving symbolization**

Acceptance of symbolization is used for storing abstract concepts that do not have a clear figurative meaning. The same word may be differently coded images in different people. But as a rule, can be used to encode a variety of characters, well enshrined in the minds of most people. Symbols surround us on all sides.

Translating the meaning of road signs, we are mnemonics. When first-grader learns the relationship between the symbol "A" and the sound "A", it also deals with mnemonics. Olympic pictograms represent a variety of sports; all the familiar symbols of peace ("White Dove"), death ("Skull"), slowness

We can not imagine summer in general. But we can imagine the grass. This image is easy to remember.

15. Admission binding to familiar information

What it means well known to information? This - information that is in your memory. New-to-remember information, may consist of the familiar elements of information. Examples of familiar information may be: 1917, 1941, 1812 and 1861., Your own name and the name of the street where you live, your phone number and the inscription on SONY TV.

New information consisting of the elements of familiar information, it is easy to remember. Thus, it is easy to remember telephone number 917-41-45. He immediately makes you in your well-known historical events. And the car with the number 812 you will remember easily.

The American psychologist Chase, trying to figure out how to memorize mnemonist 20 months teach student volunteers memorizing numbers using this technique. For 20 months he had taught him to memorize 80 (!!!) figures. However, his student could memorize only he knew the number. Pupils at the second GMS ® lesson reproduce 90 digits. What's mistake psychologist? He's just confused encoding into the images with the formation of the association. After converting the image into Colorado, "Colorado potato beetle," we have not formed an association (as I thought Chase), and only coded information in a clear visual image. His second mistake is that this technique does not memorized the number (with rare exceptions). Admission to the familiar binding information is better used for encoding into the images of place names, terms, names and surnames. This technique is not universal. They are encoded in the images that is encoded. It depends on the contents of your memory.

Examples of encoding words into images taking binding to familiar information.
Washington "Dollar", the planet Mars chocolate "Mars", 1380 380 volts (the image of the wires), the number 220 - "Electrical Outlet" Venus "Statue of Venus", the surname Black, the image of "Black Square", 1912 (first exit issue of the newspaper "The Truth"), a well-known in 1812.

When memorizing different methods are used in combination. So, to put the date in 1912 in the image of "Napoleon", you first need to associate this date with 1812, and the date 1812 symbolizes a way of Napoleon, who, for better memorization, it is easier to provide in the form of his famous "Tricorne." Then the release date of the first issue of the newspaper "Pravda" is encoded in the following associations: "In Napoleon's hat is the newspaper" Pravda ".

Images obtained after encoding, are stored by other methods.

16. Receiving encoding a consonance

Too many foreign words, names, terms, names of its sound like a familiar word to us. These words are easily written in the form of visual images, such as an image factor "Tractor", kami (Jap. hair) image
"Fireplace"; cubic (Jap. neck) "Cube"; Alaska way 'stroller', brother-in-law (cousin) image of the "door".

As long as you do not need to memorize the value of unfamiliar words, enough to fix in memory the exact pronunciation and the sequence (canonical Schulz Mirza Ordos ...). How to remember the value (meaning) of the new terms and concepts you will learn later. (See "Receiving the formation of meaningful relationships.")

17. **Receiving word of Education consonants**

This technique is used in conjunction with an alphanumeric code. When the figures are translated into letters, the letters chosen a word that can be represented as an image. This admission is of interest only consonants (as in alphanumeric code, no vowels).

**Examples.** Phone Phone, PMT plate; SBC dog; PLN Clown; RBL Ruble.

If you spell a word not selected, you can use the following "trick"

- Pick up the image, designated by two words (adjective and noun).

In this case, are significant: the first consonant letter of the adjective and the first two consonants of the noun. When remembering you will be able to clearly distinguish which image is denoted by one word, and what - two.

**Examples.** ZTR green grass, a huge moon GLN; CFR striped bee.

Any word can be easily converted into numbers. Memorizing a sequence of words, and you memorize a sequence of numbers.

**Examples.** Strawberry Cake, floppy disk, notebooks, scissors, Photography, Splinter ... -365-292-273-229-010-821 -707 ...: KhshLpB dTRtsdT DtSzKh dTdTRts NmgZhNm vFdTGzh sZNmsZ. (The corresponding figures refer to the letters of the first session.)

This technique is widely applied in the memorization of historical dates, phone numbers, addresses, numbers of vehicles, a variety of codes and ciphers. On the basis of this technique are made figurative codes of three-digit numbers.

18. **Acceptance speech of the syllables of Education**

This technique is used alone or in combination with the methods of encoding a consonance, symbolization and binding to the familiar information mainly for store names, terms, names, and other similar information.

**Examples.** MASH Machine, RUL wheel, VON Lantern, CWA Stone, CED book.

This technique (together with the admission and formation of the associative connection sequence memorization techniques) allows you to accurately remember the completely senseless letter combinations.

**Examples.** MASHFONRUL Association "car light wheel." KNIKAMFON Association "stone lantern book." Wisconsin Association of VIS CON IND "Whiskey Candy Blueprint."

In this technique, you can improvise by removing or adding one significant letter.

**Example.** Sugar Association "Sugar cancer."

You can make significant recent letter.

**Examples.** ZOR TV, aka Dog, Nick the receiver, the CCW WINDOW, JULIA pan.
19. Fixed shaped double-digit codes

The method of an association list (AS-100)

With the general notion of figurative codes you will be introduced later. While enough to understand that in order to remember the numerical information quickly enough, you need to memorize one hundred images. Each image is rigidly fixed in their number (from 00 to 99). Once you memorize this list, just get the opportunity to store large amounts of error-free of any digital information, for example, dozens of phone numbers.

Coding of two-digit numbers via an alphanumeric code (BCC).

12 GJ DT Tx dT Guitar Guitar image
KX KX 35 PB PB Cube image cube

Numbers 01, 02, 03, ... 09 in a numerical series of images encoded as 1. 2. 3. ... 9. At recollection is added to them a zero on the left.

05 - BOP BOP wallpaper image
06 - SHL SHL whirligig image
07 - Cs Coll wasp image

Separately, remember this: 0 - number card, 00 - drums.

Memorize the list should be gradual (10-20 images) in the process of studying other methods of memorization.

List of fixed-shaped double-digit codes ranging from 01 to 20
1. GJ hedgehog 11 GzhGzh Gagarin
2. Am poison 12 TCDD Guitar
3. kX ear13 GzhKh Nut
4. Chsch Tea 14 gZhChsch bug
5. PB wallpaper15 GzhpB Lips
6. SHL whirligig16 GzhShl Gouache
7. Cs wasp17 GzhSz Goose
8. WF willow 18 GzhVf Nail
9. RC egg 19 GzhRts kettlebell
10. GzhNm fire 20 DtnM House

Exercises
1. Remember taking a sequence of words "Chain".

GLOBE MACHINE CABLE STOCKINGS FUCK CROW HELMET PEN
CHANDELIER MUSHROOM BEE Trough CACTUS COVER BUCKET DRILL plane
WHISTLE PHONE LOGS TREE Saxophone SCREWDRIVER ZHIGULI PUPPY
PENDULUM DOLLAR AIRCRAFT ROCKET EMBLEM
2. Recall the memorable images, decoding a number of them in the first three consonants, words (in alphanumeric code). Record.

Check the correctness of the recall: 165 492 463 720 609 943 672 195 392 546 396 332 296 829 950 787 268 737 598 298 289 116 403 020 266 195 706 932 (only 90 digits).

3. Convert words into images symbolizing the reception. Remember the characters taking "Chain". Play the original words.

PAIN Sadness WEALTH POVERTY SICKNESS SEPARATION
SPACE TIME LOVE THE PHILOSOPHY OF FRIENDSHIP
COLD SPRING FUN ETERNITY JEALOUSY TROUBLE Luck

4. Convert words into images of the binding technique familiar information. Remember the sequence of the resulting images of the reception "Matryoshka". Play the original words.

WASHINGTON Lake Mead, Colorado, Florida, 13 James Black street. Rowan NAPOLEON Venus LEONID Morkokina 1380 (Kulikov battle)

5. Convert words into images in consonance transcoding technique. Remember the sequence of the resulting images of the reception "Chain". Play the original words (their value so far do not have to memorize).

KAMI FACTOR Kubi LYSINE Arginine Devereaux KANO Schulz Ordos Mirza Riza Royce PICO Pinel sphe

6. Remember the sequence of letter combinations, picking up words by the rule "The first three consonants." You can apply and phrases that represent a single image. The sequence of the resulting images taking note "Matryoshka". Reproduce original information.

KLK Phone PMT SBC PLN MSHK RBL SLV STK TRF MTR SCHTK KLV NZHN TCM maker USG DSC QMS PAGE RSHT GLW PLC ULN TRB RPn

7. Remember the sequence of letter combinations, picking up words by the rule "The first three letters." The sequence of note taking "Chain". Reproduce original information.

WHA LAM SRT MET ZAN OGE VISH RAM COM BAT BOAT school CTE MOLER PLA SD RGB BRI POOL UNDER BCA CTE NAC PIN KUL

8. Read a numerical table, calling them mentally instead of numbers, alphabetic code. Table replaces your random number generator. Table to work out in different directions.

| 20 | 07 | 15 | 01 | 19 | 13 | 03 | 18 | 09 | 05 |
| 11 | 14 | 04 | 17 | 13 | 08 | 11 | 06 | 18 | 09 |
| 20 | 12 | 04 | 15 | 07 | 19 | 02 | 16 | 08 | 20 |
| 07 | 13 | 08 | 11 | 17 | 06 | 08 | 10 | 01 | 18 |
| 03 | 10 | 14 | 19 | 13 | 08 | 03 | 15 | 19 | 11 |

9. Within minutes, note the figurative codes of numbers from 00 to 20. Originally memorize codes shaped reception "Chain". It is important to learn to translate numbers into images, not only no-order, but also in random order. For this
train on the tables of random numbers.

After storing figurative codes attach them to the memory of mental operations, "Application of the images." Mentally imagine a visual image ("Yule") and on it (or on the background of this image) draws sootvetstvuyushhee number - "6". After fixing the numbers in your note table of random numbers.

**Homework**

1. Memorize figurative codes of numbers from 00 to 20. Read a numerical table, calling aloud the appropriate number of images. Encoding numbers into words bring to an automatic level. At the same time the number of tables should be recoded in your words at a rate not more than 1 second on the number and without delay. If any number of re-encoded into an image with a delay, pick out separately.

   20  04  09  01  19  06  15  12  18  10  
   02  09  01  12  17  05  07  11  18  04  
   09  13  20  00  17  07  15  19  05  08  
   13  01  19  10  06  20  08  15  09  02  
   11  19  13  00  13  07  09  00  20  16  
   11  17  19  13  15  05  17  04  01  09  
   00  13  01  08  06  16  18  07  02  18  
   09  03  20  19  16  03  18  14  09  12  

2. Remember the word technique "Chain". When remembering the words to encode numbers in accordance with an alphanumeric code (-726 pita ...)

   GUITAR CREAM BOX MOTORCYCLE DRAWER Lamp BURNER SCREW FOLDER GLASS CLEANER COIL WINDING TULPAN NAIL CHAIR PICTURE ALBUM HEADPHONES PLANET HOUSE CLOUDS GRASS SWITCH ENGINE FAN petal HAIR PUTTY CIRCUMFERENCE

3. Convert words into images symbolizing the reception. Remember the sequence of reception "Matryoshka".

   ACCURACY STUPIDITY Anger Assiduity PRIDE TENDERNESS SPEED HEAT MOISTURE COURTESY THE RACES

4.
20. **Types of memorized information**

In GMS®, all memorized information is divided into 3 types: figurative, verbal (text) and accurate. For information are shaped by man perceived visual images. For voice-speaking and perceived readable texts. For accurate information includes information that does not make sense to remember about who should remember the 100% and accuracy. This phone numbers, dates of historical events, addresses, terms and concepts, numbers of vehicles, ciphers and codes, the names and other similar information. Let's examine each of these types of information and try to understand how they differ from each other, why one kind of good to remember (the images), the other worse (lyrics), and the third - accurate information - virtually no memorable, if not to use a special technique.

**The image information.** Our brains are "tuned" to the images, operates with images and memorable way "automatically". Anyone can remember exactly the situation of the apartment, the road from home to work. Enough to see the first shots of films to make a conclusion, we watched this film or not. Images (objects) of the perceived world we have a relationship, fixed by the brain without our conscious participation and well-preserved in memory.

**Speech (text) information.** Far from any human-readable word is converted in the brain in visual representation. Recreating conjure up images of our imagination, which in the language indicated by the words-nouns. But in the language of many words, do not transmit the images themselves, and the various relationships between them. Read the following statement, and make sure that at this moment there in your mind: "On a huge ... there is a small ... "Something is missing in this statement. In the imagination of a feeling of emptiness, vagueness.
Reproductive imagination - this process of spontaneous transfer of perceived speech in the visual representation of the spatial organization of images. Provides an understanding of speech.

Words can be divided into two groups: words that convey specific visual images and words that controls these images in our imagination. Call them the spatial operators. This preposition, case endings, service parts of speech, verbs and adjectives. Spatial operators to the mechanism of thinking, thinking, and are perceived by him build the images in our minds in accordance with the perceived text or speech.

Why is it memorable is worse than the images? First, the speech contained much fewer words, images than in reality we perceive the world. Second, these images are created by our brain based on the words, not as powerful as the images are perceived through the visual analyzer. Therefore, the perception of information on the hearing or through text in the brain produces less links than you could view. And this relationship is much weaker.

Visual Analyzer - Is part of the brain, which includes the nerve pathway from the retina to the primary (striate) visual cortex (17, 18 zones), located in the neck.

Accurate information. It is of particular interest for the mnemonics. Accurate information is fundamentally different from the imagery and verbal (textual). If we consider a series of random numbers, we do not find in them no images, no spatial operators. In the perception of the digital number in the imagination of not having the images and the apparatus of thought also is "off." The brain passes through a series of numbers (such as scrolling text moves across the screen) and did not remember. He just does not respond to such information. A person can only play back the last piece of information (5-9 digits) of just scanned a series.

That accurate information creates problems in human learning and in everyday life. Inventive pupils and students solve it by using cheat sheets. Teachers also try not to ask their students what they themselves can not remember. In other words, the inability to remember the exact details of tacit consent has long been considered the norm. All courses tailored to students who can not remember exactly. If a school or university to conduct a survey on accurate information, the results are disastrous. Agree, when millions of children who can not remember, go to school and try to learn something, it looks sad - like this looks like a man searching for the letters on the keyboard. This is called "unskilled labor" or simply - a waste of time.

21. Effects

In effect reflects a pattern of memory, which become apparent when remembering the use of mnemonics. Knowledge of these laws can avoid mistakes in memorizing and remembering makes better quality.

The effect of erasing the association. It manifests itself in two forms. First, when formed by association is not active - it is spontaneously broken (erased). Second, if the reference to the way you remember a phone number, and then for the same reference image - another phone number. In this case, the previous phone number to remember. It will be erased from memory.

Information in the brain spontaneously cleared and under the influence of other information. The effect is well observed in the memorization of 30-50 or more units
Information and methodology used in this study GMS ®. Due to this effect in the exercises you can learn new information by associating them with the same reference images. Previous information is erased and the memory is not overloaded. In the long-term memorization should always bear in mind the effect and not re-use already busy supporting images.

The effect of folding chains of association. Observed during recollection. If in the process of recalling the attention of the learner is distracted, he remembers the place where memory was interrupted and forced to return to the top of the chain. Sometimes you can see a quick flicker of the images before my eyes at the time of distraction. The chain of images, scrolling stops on the last image.

When delayed recollection after one or two months (if the person does not attempt to repeat the class-conscious) as a reminder before the first word I recall a memorable chain of the first two or three words, and then just one or two of the latter. Other images of the chain do not recall even a reminder (hint).

This effect is described in the psychological literature as the "edge effect" G. Ebbinghaus, and its value, in our opinion, much more than people think.

On the one hand, this effect prevents the conscious remembering, because erases the stored information in the images. Erasing the influence of this effect is easily neutralized. Enough not to remember long chains of images, and split into small-to-remember information, the sequence - no more than 7-10 images in each. Short sequences of images are collected and stored in blocks in addition, for example, by Cicero.

On the other hand, the brain sacrifices information for a reason. We believe that this effect - one of the mechanisms by which the brain automatically generates a minimized response programs (like "If ... then ...»). Intermediates between "If" and "that" destroyed in order to accelerate the response. Through this mechanism, the brain creates constructs (theory of personal constructs Dzh.Kelli). They are organized into complex hierarchical systems and, in essence, is a global program to respond, by which man builds his behavior (consciously and unconsciously).

The main work of cuts in chains of association (and hence the erasure of information) is carried out by the brain during sleep. In this compression occurs separately for analyzer systems (it is well known that during sleep the speech and visual analyzers disunite and operate in isolation from each other (thoughts start to get confused when going to sleep). The result of the compression of information in the form of the brain shows a dream. So, the dream - this recording process in the brain "Archived" information.

The common view of an overstretched mind schoolchildren, appears to be one of the many misconceptions related to our knowledge about the brain. Given the many mechanisms of the brain, aimed at erasing memorable data, we conclude that the brain is extremely difficult to overload of information. Our brains "Interest" solely an adaptive memory, ie information associated with regular daily activities. Everything else is ruthlessly destroyed. Protective functions of the brain, protecting the adaptive (biologically important) memory, called GMS ® stabilizing factors. These are the effect of erasing and associations, and minimize the effect of associative chains. There are other factors not directly related to the theme of remembering. Among them - the false awakening replacement of images in dreams, lutsidnye (controlled) dreams and even well-known in parapsychological experiences incorporeal (ECP).

The effect of the first image. When remembering exercises often have doubts about his recollection of the image. Faithful is usually the image
who was the first "jumped" out of memory, even if you believe that this image is wrong.

**The effect is immediate recall.** Initially, information "Captured" in the form of visual memory representations. In the future, if you apply the method of active repetition recall, recall information will be immediately in the form in which you perceive them. It is especially important to seek immediate effect of the recall in memorizing foreign words and symbolic systems studied your language.

The effect of associative recall. Is that a perceived image is instantly from the memory of "additional" information on previously established relationships.

22. **The method of suggestive associations (MNA)**

The method of suggestive associations (MNA) - a universal method of memorizing, which allows to convert a visual image or association of almost any word. Combined with other techniques for memorizing place names, terms, concepts, foreign words, names, and meaningless letter combinations. Is a combination of the above memorization techniques: taking symbolism, taking the binding to the familiar information coding techniques to consonance and receive education on the word syllable. Which combination of these memorization techniques to be used - depending on memorized words.

Consider this method in the following examples. Name of U.S. state of "Alaska" can be converted to image coding techniques for consonance (wheelchair). The same name can be transformed into the image receiving bind to familiar information (jacket, "Alaska"). Wisconsin is better to remember the words of Education reception, syllable by syllable. In this case, this method will be used three times (VIS CON INS Whiskey Cognac Blueprint), while it should be added to the receiving formation of associative connection with the release of the basis of the association. Iowa is well remembered by the reception coding consonance (Quince). Often there are names for the transformation which the images have to use several techniques. Ie in one association, indicating the name, the images will be obtained by different methods of coding. For example, North Dakota, "North" is converted to the reception of symbolization (polar bear), Dakota - coding techniques for consonance (two cats). The name of this state can be fixed by the association "on the head with a polar bear sitting two cats."

Resulting in the encoding process visual images can easily memorize the sequence and remembering suggest (suggest) we require a word. As a result of mental reps in the memorable words of the images are fixed in memory and played back directly in the future (just as an audio message).

Memorable information accurately with this method is recognized in the text.

23. **Technique of memorization of place names**

In the third lesson, you work the technique on the example of memorizing place names - U.S. states. In the same way to remember any other name.

Names are encoded in the images (or association) by the suggestive associations. Several visual images denoting a set of one title, combined with education taking the associative connection, preferably with the release of the basis of the association. The sequence of names recommended to remember by associating them with additional reference images. At the beginning of training so
remembering easier. However, you can arbitrarily choose any way of remembering.

The sequence of reference images can be prepared in advance or on the go by memory of Cicero, the method of free associations, and others. As reference images can be used in the past haunting strings of words. In this case, it is desirable that the chain used as the reference sequence of images of words memorized technique "Matryoshka".

Remembering the commitment in the memory of the sequence of images can be roughly designated as follows:

At the stage of working out a method of guiding each association name to better capture a single reference image. Later memorize the names of the group by binding them into a separate unit.

Double lines indicate well-fixed connection between the images.

As a result, the scheme for storing names of pre-memorized sequence of words is as follows:

The sequence of reference images of memorable receptions "Matryoshka".

24. **Technique remember historical dates**

When memorizing historical dates, we fix in the memory of not only the dates and events relevant to them, but also the sequence of dates. Remembering the sequence can remember all the dates with no gaps and provides a consolidated in their memory in the repetition.

We analyze the technique on simple memorization of historical dates:
- 1609, Galileo made the first telescope;
- 1453 fall of the Byzantine Empire;
- 1367 white stone building of the Moscow Kremlin.

From the date of each isolate the relevant parts of the information communication
be converted into shape:

609 Galileo telescope;
453 Byzantine Empire, the fall;
367 Moscow Kremlin white wall.

We then transform each piece of information in a visual image:
SL 609 SL RC NM Nm PH lace; Galileo Gallery (in consonance) telescope telescope (no change).

453 CHSCH PB PB Kx Kx chSch Sliver, Byzantium credit card "Visa" (linking to familiar information) empire crown (symbolizing welcome).

KX 367 KX SHL SHL NW NW enema; Moscow Kremlin white wall.

As a result of transformation of obtaining material for creating artificial associations. All of these words can easily be represented as visual images:
lace gallery telescope; chip
card "Visa" crown; enema
white wall.

The basis of associations in memorizing historical dates of data it is logical to choose an image in which the coded number. (The unit we exclude from the store and add in recollection.)

Fundamentals of associations: a sliver lace enema.
Remember the sequence of their reception "Matryoshka". Increase the mentally "String". We put in a "chip". We fix this image in your mind.

Then leave in the mind only the image of "Sliver." Increase it and paste it into the "enema." Fix the association. We remember the sequence of bases of association.

It now remains to form associative links between the fundamentals and other images, which are encoded events.

To do this, once again present the image of "string". In the place where the association has been formed, other images can not bind. Introducing the cord, for example, greatly increased, as the carpet in the gallery, on whose walls hang telescopes.

Reduce the "cord" and grab the image with a "chip". Print the image of a "sliver" separately on its internal "screen". We form an association: "To the wood chips glued card" Visa "on it is clearly visible image fluted crown." Fix the association.

Again display a "screen" separate image of "Sliver," and reads it with an image "Enema." Leave one enema and increase it, preparing for the formation of the association. We form an association: "The rubber part enema visible fragment of white walls." Fix the association.

Information remembered, that enrolled in a visual memory in the form of images. If you want to fix it in memory, use the method of active recurrence. Diagram technique remembering historical dates is as follows:
When memorizing complex chronological tables, where the three-digit numbers occur frequently, the basis for the association should take the image obtained from an event of historical dates. Generally three digit numbers are shaped according to the rules and codes should be in the association only its elements. When memorizing simple chronological tables, you can make an exception and use images as the basis of numbers.

**List of fixed-shaped double-digit code from 21 to 40**

21. dTGzh iron31 KhgZh Skin
22. DtDt Diode 32 KhdT Kit
23. DtkH Spirits 33 KhKh Cake
24. DtChsch Game 34 KhChsch Kochan
25.
26.
27.
28.
29.
30.

**Exercises**

1.

2.
5.
PIGEON RING PENCIL CAT SHOES LAMP NOTEBOOK
SCISSORS ERASER BUTTON FLY MICROPHONE Corkscrew Shampoo
NEWSPAPER BATTERY COVER GLASS RECEIVER pins PEAR TREE MOP PURSE
CHAIR TELEPHONE DRAWER KEY HANGER Rags PAINT BRUSH SCOOP FORK
GRASS TOWEL SAUCER BRICK DRIVE CHAIN MACHINE Shoe Satchel CRANE
Scarecrow SAMOVAR Soldering KETTLE SCOOP SAW MEL

6. Prepared to support image sequence remember place names.

ALABAMA ALASKA ARIZONA COLORADO CONNECTICUT Arkansas California
DELAWARE FLORIDA GEORGIA HAWAII IDAHO ILLINOIS INDIANA IOWA
KANSAS KENTUCKY MEX Louisiana Maryland MASSACHUSETTS MICHIGAN
MINNESOTA Mississippi MISSOURI MONTANA
NEVADA Nebraska New Hampshire New Jersey New York NEW MEXICO NORTH
CAROLINA NORTH DAKOTA OHIO Oklahoma Oregon Pennsylvania Rhode Island South
Carolina South DAKOTA TENNESSEE TEXAS VIRGINIA WASHINGTON Utah Vermont
West Virginia VISKONSINVAYOMING DC

Homework
1. Learn the codes on the fixed number of 21 to 40. Repeat the number from 00 to 20. After learning of figurative codes train in transcoding numbers into images on a table of random numbers. Transcoding speed should be no longer than one second in number, without delay. If the number of re-encoded with a delay, pick out his further by presenting an image of the mind against the background of his figurative code (See mental operation "Overlay Images").

10 17 01 37 18 25 34 30 05 28
33 40 00 03 26 38 20 06 13 04
12 21 16 22 35 29 15 24 19 07
09 14 23 31 39 02 08 11 27 32
01 26 33 29 40 17 09 37 14 04
38 05 22 16 28 34 36 06 12 18
10 02 11 15 30 24 08 27 21 13
03 07 19 25 39 20 23 31 35 32
10 05 26 30 29 07 01 33 14 23
03 06 15 09 37 13 16 20 17 04
22 27 31 40 00 34 21 08 12 24
18 02 19 28 36 38 32 38 23 11
08 30 37 28 17 10 29 40 01 25
If you have a metronome at home, turn it on, and transcode the table with a metronome, gradually increasing the speed of encoding. The rate increase only if the number encoded by you without delay.

2. During the day, mentally repeat the memorable historical dates, consistently taking them out of memory. Do not interrupt the process of remembering, until you remember all the dates. It is important to not that you can reproduce the information without error, but the fact that you did it as often as possible. Skill memory is formed in the process of memorization and recall.

3. Remember all U.S. states. Secure them in memory by active repetition. Information must be reproduced without the delays and easily. It is important to remember the train information. Practice shows that the process of remembering sometimes takes more complicated than the process of remembering.

Lesson 4

25. Characteristics of memory

**Speed memory.** This is the average time spent on memorizing one piece of information (the formation of one association). If you remember the 40 numbers for 4 minutes, your memory speed is equal to \( \frac{b-Ti}{2} \) seconds on a two-digit number which is stored as an image.

**The rate of recall.** This is the average speed recall one piece of information. If you can play 40 numbers in 1 minute, the speed of your recall is 1.5 seconds per number. Memorable information can remember very quickly - much faster than memory.

**The quality of memorization.** This characteristic reflects the number of correct answers given after you remember. If the 100-digit numbers you correctly remembered 90, the quality of your store is 90%. Complex training exercises for a good result.

**The volume of memorization.** This amount of information that you have "mastered" at a time without interruption. For example, if you remember the 60 numbers in three of call, the volume of stored information you provide is 20.

**Reliability of memory.** This is the number of correct answers you give a sufficiently long period of time after the memorization. For example, if the 30 chronological table of dates you can recall in a week, only 28, the reliability of your memory is equal to 93%.

26. Figurative codes

GMS ® is widely used in a variety of figurative codes.

*Shape code* - A visual image, rigidly mounted for kakimlibo element of information (such as two-digit number). Shape code memorized, so that his recollection was automatic, with no delay.

**Options figurative codes**

*High-speed storage.* Specific element (number, day of week) is connected to
memory with the visual image and the image I recall very quickly, so mnemonist not waste time on coding and immediately proceed to the formation of the association. The first function is figurative codes is to eliminate from the process of memory encoding step. This allows much faster and easier storage.

**Reliability of memory.** Figurative codes are making considerable variation in the association and reduce the frequency of images, ie to some extent neutralize the effect of erasing associations. For example, when remembering the exact dates of the different parts of the dates are stored in different figurative codes. This reduces the frequency of association and makes it a reliable storage.

**Reliability of recall.** Mnemonist clearly knows which way that means, so remembering information is very accurate. Mix anything with recollection is virtually impossible. (Of course, provided that the association themselves are stored in memory.)

You began his acquaintance with the figurative codes when performing exercises on a double-digit encoding into the images. In the course you will learn some more figurative codes, which are much simpler than the method of AC-100.

To make it easier to remember, during the course you will be prompted to learn:
- figurative codes of the Russian alphabet characters (for storing information in alphabetical order);
- figurative codes of the month (exact dates to remember);
- figurative codes days of the week (for storing different schedules).

**Figurative codes are made arbitrarily and assign any frequently recurring items of information.**

Figurative codes it is desirable to prescribe a special notebook and then bring to the auto-level method of transcribing according to the tables in the same way as is done in the memorization of codes, two-digit numbers.

If necessary, can be drawn figurative codes roman numbers, three digit numbers (000 to 999), playing cards, the basic physical and mathematical concepts, frequently encountered names often repeated words in the textbooks (the king, government, war, battle, battle, Empire). With simple principles of making figurative codes you will be introduced in practice during the course of mnemonics.

### 27. Figurative codes names of the months

These codes will be you in remembering the exact dates, such as dates of birthdays. Figurative codes names of the months are made arbitrarily, mainly methods of symbolization, or link to familiar information.

**Example code** (Everyone can make their code, but it is better to remember we have proposed, since this factor takes into account the frequency code of codes):
- January (01) "Tree";
- February (02) "medal";
- March (03) "mimosa" (March 8);
- April (04) "drop" (thaw);
- May (05) "dove" (May holiday);
- June (06) "leaves" (early summer);
July (07) "strawberry" (ripe strawberries)
August (08) "apple" (ripe apples)
September (09) "protractor"
October (10) "ice" (first frost)
November (11) "snow" (the first snow)
December (12) "Champagne" (New Year).

28. **Technique remember exact dates**

Initially it may seem that the exact dates it is possible to store on the basis of fixed-shaped double-digit codes. After the date "April 4, 1912" can be represented as a sequence of numbers 1912.04.05, then split the sequence in double figures (19 April 12 05) and remember the number sequence or method of formation of associative connections. But you can not do so for two reasons.

The images, which are coded numbers, never communicate with each other in the association. Since the number figurative codes is limited, they will inevitably be repeated in one way and will create different associations. And this, as you know, will erase the information from memory.

The same shaped double-digit codes do not allow to distinguish months from the associations of numbers. For example, it will be difficult to determine which image is the number (09), and what - is the month number (04). Various Figurative codes used to distinguish the number of months and the figures denoting the year.

From these simple requirements and follows the correct technique remembering exact dates. Year, month, date and number memorize different codes. Number - Code AS-100. Month - code names of the months. At date, the discard unit and the remaining three digits encode the image through an alphanumeric code.

(1) 912 Pu Tx dT Slingshot
April 4 drop (shape code)
05 PB wallpaper (twin code)

As a result, we got three encode the image. The important thing is knowing that figurative codes, we always know these images in the associations. This combination of images can only mean the exact date.

Communicating better images date from any reference image, making it the basis of association and tying obtained by encoding the images to different parts of it. Subsequently, such support will you get by the selection of the distinguishing trait.

For example, if the reference image we take an arbitrary image of the "dove", one should distinguish in it three under way (the beak wing foot), and these create podobrazami Association (beak tweaker, wing drop, legs wallpaper). In the formation of associations with different podobrazami one image Do not forget to submit each podobraz apart and large.

29. **Figurative codes days of the week**

Figurative codes best days of the week to pick up on all the usual abbreviations: Mon, Tue, Wed, Thu, Fri, Sat, Sun Come up with words for these letters is simple. Need to remember every word is a noun, which contains the letters. The main thing that they can easily be presented in the form of images and do not occur in other codes.
Mon Donut Fri Snout
Tues Cheesecake Sat Sable
Wed Sausages Sun Paddle
THU account (sign)

The words in the code, you can substitute other words. The main thing - well remember code.

30. Remembering the timetable

Schedule of subjects by day of week to memorize the students and school children. Consider the example of the technique of memorization.

Mon physics, geography, history, algebra, phys-ra
Tues algebra, literature, English, physics, history

The first thing to do - is to enter a figurative codes for memorized items. They are assigned to the reception or the reception of symbolization binding to familiar information. Beli figurative codes are well chosen, they will not have to specifically remember.

Examples of figurative codes of school subjects:
physics "ammeter";
geography "globe";
history of the "cross" (Crusaders);
algebra "bell" (similar to the schedule)
Training "bar";
literature, "Pen";
English "pipe" (Sherlock Holmes).

These figurative codes may not be combined in the association. Otherwise, "History" from Monday to be confused with the "history" from Tuesday.

To memorize the timetables mentally imagine any arbitrary image, such as stalls. In this way to make a tag shaped code Monday. Association "on the roof of the tent huge donut (PN)."

Now, scroll in a tent five podobrazov. And form between them and the figurative codes of academic disciplines associations.

List of fixed-shaped double-digit code from 41 to 60

41 ChschGzh pot 51 PbGzh Epaulets
42 chSchdT Shield 52 Bit pBdT
43 ChschKh glasses 53 PbKh Spider
44 ChschChsch Scarecrow 54 PbChsch Stove
45 ChschPb Chip 55 PbPb desk
46 ChschShl Cup 56 PbshL Pialat
47 Hours ChschSz 57 pBSz Beads
48 chSchVf Sorrel 58 PbVf Beer
Exercises

1. Encode a table of random numbers in the fixed code AS-100, and note the sequence of numbers in the table taking "Matryoshka".

```
13 19 08 27 16 02 32 06 24 12
28 11 20 29 01 15 26 21 09 34
31 18 03 30 22 37 07 33 14 25
04 39 17 38 05 40 35 10 23 36
```

2. Remember a sequence number letter combinations.


3. Remember a number of serial numbers.

22. 751 27. 859 32. 890 37. 299
23. 273 28. 192 33. 703 38. 720
24. 390 29. 273 34. 283 39. 706
25. 293 30. 719 35. 353 40. 592

4. Remember meaningless letter combinations by the suggestive associations. Fix sequence by Cicero in the course of remembering.

CARDIO Korsum LAMPUL KNISTU MASHKAN BANZUK STEGRA KAMLIS AGAKRI OGUTSEN TABKUR KANLYZH SHNUPLA VAMKENTSIR PAPSUMRAM GVOKUSGLO TROBURFIL MAYSTANOG

5. Remember taking a sequence of words "Chain".

MACHINES SCRAPP Feeders TOMATO PINEAPPLE HANGER PENCIL DRAWER TOWER BUS Van Damme BATTERY MILK SPIRITS POTATOES mask SKULL BANK OF OAK FIRE TIGER CRANE STONE WATER FOUNTAIN pie GROUND GASOLINE MATTRESS SCORPIO CHIPS

6. Prepare six reference images, which can be divided into three parts (podobraza). Remember their sequence. Reference to these images note the following dates.
7. Prepare a system of support images for storing timetables for the week. Remember the schedule.

**Mon** algebra, history, art, phys-ra, literature, Tues.  
**English**, geometry, history, physics, music, phys-ra Wed,  
history, history, algebra, physics  
**Thu** geometry, English, work, geography, algebra  
**Fri** geography, English, history, literature, physics  
**Sat** chemistry, phys-ra, literature, algebra, history

**Homework**

1. Learn the figurative codes digit numbers to 60. Work out in the recoding of a table of random numbers.

   20 12 15 52 32 11 01 07 45 25
   04 24 46 26 25 39 53 08 36 55
   04 56 38 03 37 02 19 60 07 09
   34 13 27 12 33 37 44 30 18 18
   40 15 06 13 22 38 51 54 60 41
   02 49 17 47 29 05 28 43 23 27
   16 40 14 30 53 16 06 55 39 46
   36 04 27 48 41 35 13 10 58 03
   31 10 31 09 01 08 47 07 29 12
   25 09 18 14 20 12 21 57 23 34
   59 11 44 20 22 08 59 42 29 22
   41 51 32 57 45 56 35 14 01 16
   02 17 19 50 28 26 31 25 50 24
   03 24 23 05 06 42 21 53 11 54
   19 33 05 48 58 17 30 49 27 10
   21 07 24 51 12 53 49 34 52 18

2. Remember the dates associated with the history of photography.

   1694 Gomberg discovered sensitivity of silver nitrate
   1801 Jung proposed a theory of three-color vision
   1837 Daguerre invented the first photographic method of producing high-quality images on the silver salts
   1839 (7. 01) Arago reported at a meeting of the French Academy of Sciences of the invention of Daguerre - birthday photos
3. Remember the sequence of amino acids.
Valine Leucine Isoleucine ALANYA Proline Phenylalanine Tryptophan METHIONINE Glycine Threonine Cysteine Tyrosine SERIES Asparagine Glutamine Aspartic acid Glutamic acid Histidine Arginine LYSINE

4. Remember the sequence of exact dates.
April 24, 1350 July 12, 1396 g.21 May 1532 December 8, 1562 October 21 1932 June 9, 1560

5. Remember words by serial numbers.
1. RICH MAN 11. MR 21. PLUS
2. YEAR 12. Driving 22. Needles
4. BRAIN 14. APPEARANCE WALLPAPERS
5.5OPYT 15. WORD 25. SHIRT
6. 16. ENGLAND 26. STRUNA
7. THING 17. ERASER 27. CORD
8. BOOK 18. CACTUS 28. TERCOM
9. SATAN 19. PHONE 29. TAIL
10. LES 20. SCORE 30. PLASTIC

ACTIVITY 5

31. Psycho exercises
In addition mnemotechnical exercise (formative skills of memorization), a large number of psychotechnic exercises that help to actively use the skills of memorization. The set of exercises called psychotechnic psycho.

In the process of memorization involved many psychological processes. The quality of their work depends not only retention, but also many other characteristics of human activity.

Even at the beginning of the century academic VMBekhterev, investigating the processes of attention, found that subjects in the execution of tests to check the focus characteristics of this process quickly improve. Attention was verified using various tests, in which it was necessary to strike out certain time icons, letters, words, or insert the missing words in the text. The experimenter recorded the time of exercise and the number of errors (omissions). Each time, the subjects observed a decrease in exercise time and reduced absenteeism. The quality of the job increased.

Around the same time and began to develop psycho - practical discipline that combines the diversified technology impact on mental
process rights. Among the native authors in this direction isolate B. Levy, D. Kandyba, H. Zeng and Yu Pakhomov. In the arsenal of psycho collected a large number of exercises. You for training are offered only the most necessary to develop the skills of memorization.

In principle, when doing exercises psycho mnemonics can not perform as well as exercises in memorization and recall their own good-all mental processes and provide sufficient training load on the brain. However, if you have any difficulties with the representation of images, associations and education with concentration (in memorizing and remembering), we recommend that you carefully perform exercises at home on their own psycho before each class mnemonics, and homework. Execution time of all psychotechnic exercises - about 30 minutes.

**Relaxation exercises**

**Exercise "Fingers."** Join hands so that thumbs were free. Sit comfortably, relax, close your eyes and slowly roll your thumbs on each other. Try not to think about anything. Movement at the beginning helps you focus and at the same time to distract from extraneous thoughts and worries of everyday. Attention seems to watch with one arrow. In this and other exercises you can practice consciously hold this "arrow" in the direction you want. It's not that simple. Attention is very disobedient. It will try to jump on something else. But you are gently but firmly tell your attention: "Now you will not control me, and I you."

**Exercise "Breath."** Sit comfortably, relax, close your eyes and focus attention on your breathing. Breathe normally. Just watch this process as if from the outside. The rhythm of your breathing should not be violated. Try not to think about anything. Just calmly watch your breath.

**Exercise "Heat."** Keep the palms at a distance of one centimeter. You will feel the heat. Concentrate on the feeling of heat. In this case you would like freezes, lay low. Try to remember this is a relaxed (repressed) state. Able to reach maximum concentration is in a relaxed state.

**Exercise "Focus."** Focus your attention at once on all her body. Mentally walk through it his own insight. Try to feel a nice wave that passes through the body from head to toe. Concentrate only on the right hand. Then, on his forearm, right hand. On the right hand. On the index finger on the tip of your index finger. And again - the whole body. Repeat for other arm. After performing a series of relaxation exercises to begin exercises to train attention and visual thinking.

**Exercises to train attention and thinking**

**Exercise "Letters."** Take a newspaper or magazine, select exercises for three or four paragraphs. Read the article and tally the number of letters in it "a". Then read again and count the number of letters "c". Read the article again and fix the number of words in the passage of your choice. The result of record. Exercise with a single text, while the number of counted characters you do not stop changing. Exercise can be done arbitrarily by counting all the letters and using any text. Very good addition to record the lift on the stopwatch. You can then compare their
results on the time of exercise and the number of errors (omissions).

**Exercise "Enhancing memory."** How can I remember my details yesterday, recently viewed the film, their summer vacation. The main thing in this exercise - to keep the attention on the process of remembering for quite a long time (5-10 minutes) without skipping thoughts on other topics. Remember as detailed as possible, all the details. Move from memory slowly, step by step. If you do it very easily, try to remember all the way around, turn back the clock. Exercise is a bit involved.

**Exercise "A mental sketch."** Draw before his mind's eye of letters, numbers, simple and complex geometric shapes. Do not confuse the mental drawing with the usual representation of an image. In this exercise, it is necessary to "draw" - as if you draw a marker on a sheet with his finger on the dusty surface of the brush or on the wall. Try to draw larger. At the same time feel the movement of his hand, which should be fixed.

**Exercise "Manipulation of images".** Imagine a glass of mentally and around the box of matches. Try as clearly as possible to see these images. We perform with a variety of subjects submitted manipulation. Move and align them (the boxes in a glass beaker on a box, boxes, upside-down on the glass, etc.) Manipulate the mind in other subjects (two, three, four).

**Exercise "The transformation of images."** Imagine kakoylibo object and change it, but that he does not lose its specific name (a cup at any of your changes must always be a cup).

**Exercise "The rotation of images."** Imagine an image and mentally rotate it, looking from different angles, from different angles, bringing and removing from himself. Try to make the image rotate itself, but you just would watch for his rotation.

**Exercises for development of automaticity of speech**

These exercises are performed in the event that you have in memorizing the text exercises there is a problem with non-stop (even, without breaks) to a paraphrase.

**Exercise "senseless monologue."** Say out loud any proposal. With the last words of the proposal begin a new sentence that is not associated in meaning with the first. With the last words of the second sentence begin the third and so on. Talk straight, without stopping for a few minutes.

**Exercise "Theme monologue."** Choose a random topic for his monologue. Topics can be diverse, "Pencil," "Rollerball pen", "camera", "Air guns," "Modern appliances for the kitchen," etc. Within minutes straight, without stopping it and polluting particles (such as "Here", "I say," "A-ah?", "Do-oo-oo?, "So" and other ), loud talking on the chosen topic.

Tell us everything you know about the selected pencil on its structure, species, purpose, history, creation, production technology, packaging options, used tree species, a possible non-standard use of pencils, etc.

Speaking on the subject, you have to submit it to your imagination, parts and variety. In addition to training automaticity of speech, this exercise develops the habit of talking based on the visual presentation, read the information from visual images.
32. **Remembering the different parts of the image**

With this method, remember you are already familiar with the reception of education associations. However, we have not used in the exercises. Consider this technique in more detail.

Imagine mentally guitar. Put it in your mind vertically. Increasing and moving this way, you can highlight it in different parts (podobrazy). Let us distinguish in the image of the "Guitar" podobrazy following: "Tuners," "Grief," "The hole in the hull," "Holder of the strings", "belt". Always try to allocate podobrazy in sequence, for example, from top to bottom or from right to left.

No matter what system it will be the main thing - it must always be the same.

Admission to the selection podobrazov image allows very accurate fix a sequence of stored images. It is ideal for storing the information encoded by different figurative codes. You already know that the figurative codes in any case can not be linked to each other. You can not create associations between patterns that indicate the number. This will lead to a "mess" in the head, and you will not be able to remember. Analyze how figurative codes memorized this technique. We already have the reference image in which we have identified five parts.

Guitar:

"Splitting" "bar" - "hole in the body" - "the holder of the strings" - "belt".

Let us remember five-digit numbers of this technique. Encode the number of images using fixed code-digit numbers (AS-100).

13 37 35 48

13 GzhKh nut nut image
37 KhSz Spit Spit image
35 KhpB Cube image cube
PB 05 wallpaper image wallpaper
48 chSchVf Sorrel Sorrel image

Memorized five numbers are linked to the selected associative link us to the guitar parts. Form the Association:

"Kolka nut";
"Grif Spit";
"Hole Cube";
"Tailpiece wallpaper";
"Strap sorrel."

In one image of the "Guitar" we were able to remember the five-digit numbers or 10 numbers. It is easy to calculate, easy to remember that a chain of 20 words can be memorized 200 digits (or 100-digit numbers). Of course, selection on one of the five podobrazov - pure convention. Podobrazov can be allocated more or less - it depends on the information that you are going to remember. The most important advantage of this method, remember that to-remember numbers can be repeated as many times and they never mix up. Recall is carried out with mathematical precision.
33. Reception Return

You may ask: "Where can I take a number of reference images to memorize a lot of information?". The answer is very simple - do memorized information could well serve as reference images. When memorizing techniques "Chain" and "Matryoshka" you could not support images, as each lasting image was the carrier of information for the next memorable way. But remember to reference the images are much safer than a chain. If one link in the chain will be forgotten, you will not remember the rest of it. Appliances return combines the reliability of memory to support the images and the speed of memory chain. Consider this technique in the following example.

Suppose we need to remember a chain of numbers:

35 02 20 15 23 50 08 34 12 27 48 ...

Proceed as follows. Introducing the "Cube". Mentally see it and select it in three parts (the upper side, angle, lateral side). With the first link podobrazom "Poison". With the second (angle) - "House." With the third (lateral side) - "Lips." Now we can use the "lips" as a reference image. Since we know that the memorized information found only in the number, we can apply the mental operation of "Modify images" and substitute "Lips," "harmonica", "lipstick" and even "a napkin to his lips." This is a must have to do when memorizing a series of numbers in such a way where if we meet already used the image. Until we replace the image and select the image "Lips" three parts: the "upper lip" (under the nose), "The opening between the lips," "lower lip" (and part of the chin). Place under the noses of "ghosts." The language we put the "Bayan" and put under the lip, "Willow." Have focused on the "Willow". Select this image and three podobraza place on them the following three numbers: "Kochan", "Guitar," "Ace." Translating attention to the "Ace" and continue to remember more.

This way you can store any information. For numbers, this is not entirely successful, although it can reliably remember hundreds of digits. Sequential series of numbers is best to remember to pre-prepared sequence of images recording techniques for different parts of the image.

This technique is widely used in the memorization of texts, especially factual information, rich in numbers and names. With the help of isolated figurative codes found in a text passage, accurate information. Accurate information is remembered taking a paragraph "Chain". But when we meet figurative codes (such as two-digit numbers), they are recorded in different parts of the previous image (see "Session 9").

34. Isolation of the invisible parts of the image

This way of remembering may seem like the two mentioned above. However, if you look at him closely, you can see significant differences in technique and in applying this method of memorization. We consider this technique as an example.

Imagine mentally radio. You well know that inside the radio is the "speaker", "battery", "PCB", "chip". Mentally "pull" these images from the receiver and one imagine them looking at in more detail from different angles. Now you have four images, which you can remember any details. In addition, each selected image you may be subjected himself or disassembly of this image can be selected podobrazy.
The disadvantage of this method of memorization that he can not clearly capture sequence of images available. But the undoubted advantages in the fact that after you write on the images of the "speaker", "battery", "chip", "PCB" phone numbers, addresses, formulas, etc., these selected images easily removed again back to the receiver. And we get the opportunity to store the image "Sink" the other associative techniques. All information recorded within him, will be stored (since it is not exposed to other images.)

We consider this technique as an example. We already have the image of "receiver" from which we have identified four other way. Now, for each selected image can be written on three two-digit numbers. 

"Speaker" 51 (linear), 32 (Keith), 17 (Gus).

"Battery" 11 (Gagarin), 42 (Shield), 35 (cube).

"Chip" 30 (icon), 17 (Gus), 50 (Bayan).

"Pec. board" 36 (Clay), 21 (iron), 08 (IIA).

On receiving the image of disassembly, we turn to the reception memory on different parts of the image. And here it is important to preserve order. Select from the image "Dynamic" three podobraza and form associations with them. "Magnet" "epaulettes"; "Wires" "Keith", "diffuser" "Goose." In a similar way, "weight wrong" image files.

As a result, in the same way, "receiver" We were detected 24 digits, which we can clearly recall successively in each of the four groups. A chain of 20 images we can fix the 480 numbers. 

Note that for memorizing numerical information you need to learn very well shaped double-digit codes.

35. Technique of memorization of formulas

In order to efficiently store information such as formulas, you need to create a system figurative codes for each academic discipline - separately on physics, mathematics separately for etc. We consider the general principles of the figurative codes and memorizing formulas, and we practice in their memorization. In the future you'll be able to build the necessary memory for figurative codes.

Mnemonics easily "adjusted" in any academic discipline. Of course, remember with all the mnemonics of the formula is not entirely correct. Much better if you own any output formula. Mnemonics can remember the basic formulas of which are derived more. Memorable images in the form of the formula for some time are stored in memory in the form of visual images, but by active repetition they are fixed in the memory in its original form.

Memory system, where you learn, is unified, that is, any information stored about the same, using the same techniques and methods. One of the common rules of mnemonics as follows: "At any repetitive elements of information must be generated imagery codes." Another rule says: "Figurative codes can never connect with each other in the association." Adhering to the first rule, encode the images of commonly used mathematical symbols:

- equality "Rails" (for example, from the children's railway);
- multiplication sign "Revealed scissors", the
division sign "round dark glasses"; plus
- sign "cross";
subtraction sign "Pencil", a sign of "root", "Carrot" and the degree of "2" "Square";
sign "open brackets" "opener";
sign "close parentheses" "cover".

Figurative codes should be selected so that the image can easily determine the sign. For example, the glasses are very similar to the increased division sign. Carrot is a root itself. The picture is a square.

In addition to general mathematical symbols should be encoded in a figurative codes and the letters that appear in your memorized formulas. Tabulate figurative codes immediately to all of physics should not be. It is best to book figurative codes enter the codes as they are needed. Do not forget, figurative codes must be learned to automaticity.

Consider the formula of kinetic energy.

\[ E = \frac{m V^2}{2} \]

Assign codes shaped symbol E, the symbol m, the symbol V. Denote the energy to read "Rocket", a lot - "dumbbell" speed - "Boom." To know that it's kinetic energy, we introduce some images extracted from the speech "Kinetics" - kinetics dagger umbrella. Immediately attach the association to the rocket. Next, select the image of "Rocket" some podobraz. Let it be "The astronaut in a spacesuit." We distinguish in this manner the required number of podobrazov "spacesuit helmet," "Glass spacesuit," "oxygen cylinder", "Belt" "Boots," "Heel Shoe."

It remains to be written on these podobrazy sequentially (top to bottom) shaped character codes and physical concepts. Form the association, "the suit helmet" "Dumbbells"; "Glass of the suit" "Scissors," "oxygen cylinder" "Boom", "Belt" "Picture"; "Shoes," "Points," "Heel," "Poison." Memorable picture very easily deciphered. Kinetic energy (rocket, a dagger, an umbrella - go to the astronaut) is: weight (dumbbell) multiplied by (scissors) on the rate (arrow) in the box (picture) and divided (points) for two (poison).

### 36. The method of data compression

This method is used for remembering jokes, encyclopedic information, and a small amount of text (within section textbook). When memorizing textual information, there are two major problems.

First - how to memorize the sequence of presentation of text material, not to confuse the order of the paragraphs in the text.

Second - how to store the material contained in the text accurate information. This method does not provide a deeper understanding of text information, can remember the order of the formal semantic passages in the text.

We will explore this technique consistently, according to the principle "from simple - to complex". First, learn to memorize passages of text that do not contain accurate information. These are the jokes. Then move on to working out the details of encyclopedic memory - short texts that contain accurate information. And only then can we begin to remember the associated text. Strange as it may seem at first glance, but remember using mnemonics sequence is not logically related passages easier than usual text. In isolated passages easier to identify significance and fix it in memory.
Consider the method of data compression in a simple text message - anecdotes.

Scot reads the book. *From time to time he briefly puts out the light, but then again it ignites.*

- *What are you doing? asks the wife.*
- *You can turn the pages and in the dark.*

The scheme of the method of data compression is very simple. Logically from the finished piece of text stands out the meaning (main idea of this passage), which denotes the image and stored in sequence with other images that indicate the meaning of other passages.

Distinguish the meaning of this anecdote. Humor in the fact that the Scots - a very frugal people and like to count every penny. Our task - to identify the meaning of informational messages is very concise and short, in the same sentence. For example, "Frugal Scot." But we can not remember the associative methods of this phrase. Therefore we denote the meaning of the visual image, which should be very informative, so that we can continue to play him home and he thought anecdote.

It is well known Scottish skirts for men in the box. This way we denote the Scot. He is always turned off the light. Consequently, the verbal base, in this case is as follows: "The lamp with shade from the material into the cell." This image, we can easily remember the sequence with the other images.

**List of fixed-shaped double-digit codes ranging from 61 to 80**

<table>
<thead>
<tr>
<th>Code</th>
<th>Meaning</th>
</tr>
</thead>
<tbody>
<tr>
<td>61</td>
<td>shLgZh Skiing</td>
</tr>
<tr>
<td>71</td>
<td>SzGzh Cigar</td>
</tr>
<tr>
<td>62</td>
<td>shLDt Rook</td>
</tr>
<tr>
<td>72</td>
<td>SzdT Sito</td>
</tr>
<tr>
<td>63</td>
<td>shLKh Lake</td>
</tr>
<tr>
<td>73</td>
<td>sZKh language</td>
</tr>
</tbody>
</table>
Exercises

1. Perform exercises consistently psycho 'Toes'

"manipulation of images," "The transformation of images," "Rotation of images,"
"senseless monologue," "Theme monologue" .

2. Aloud encode numbers in fixed figurative codes (in the table contains
numbers from 01 to 60).

<p>| | | | | | | | | | |</p>
<table>
<thead>
<tr>
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<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>36</td>
<td>11</td>
<td>43</td>
<td>03</td>
<td>18</td>
<td>30</td>
<td>23</td>
<td>07</td>
<td>47</td>
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<td>13</td>
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<td>15</td>
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<td>28</td>
<td>54</td>
<td>35</td>
<td>21</td>
<td>01</td>
<td>19</td>
<td>06</td>
<td>24</td>
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<td>16</td>
<td>51</td>
<td>40</td>
<td>56</td>
<td>59</td>
<td>37</td>
</tr>
<tr>
<td>45</td>
<td>27</td>
<td>41</td>
<td>17</td>
<td>34</td>
<td>09</td>
<td>58</td>
<td>25</td>
<td>60</td>
<td>08</td>
</tr>
</tbody>
</table>

3. Remember taking "Chain" 10 words. In each image, select three podobraza.
At each podobraz remember three digit number.

Taxi stand CROW MAN DOOR STOOL LAMP THERMOS Daisy DRAWER
246 532 8637 02 392 7760 27,352,729
809 298 5632 89 567 3935 39,377,726
620 363 2806 13 292 6037 26,289,546
802 423 553

4. Remember the sequence of words technique refund.

MILK SPARROW LABEL PLUG APPLE lace RING LAMP STAR WATCH
ATHLETE BEARINGS BRUSH TRACKS NOODLES CARNATIONS ARROW FIRE
FLY Cutter POTATO CUP HORSE STRUNA COINS

5. Remember 10 words taking "Chain". On this chain of support images memorize
30 digit numbers technique of splitting the image. Remember the three numbers on a single
image. A sequence of numbers in each group, in this case does not matter.

ALARM CLOCK REFRIGERATOR CAR TELEPHONE MAN TABLE COLUMN
DRILL VCR CALCULATOR
6. Remember the formula of the gas pressure.

\[ p = \left( \frac{m}{M} \right) (RT/V) \]

- \( p \) - gas pressure
- \( m \) - mass of gas
- \( M \) - molar mass
- \( R \) - universal gas constant
- \( T \) - temperature in Kelvin
- \( V \) - volume

7. Remember the sequence of anecdotes by compression.

Scot reads the book. From time to time he briefly puts out the light, and then on again.
- What are you doing? - Asks the wife.
- You can turn the pages and in the dark.

The office director said the secretary:
- Helen, go see why Mr. Harris as yelling.
- Monsieur, he said with Australia.
- He that can not use this phone?

How best to teach the girl to swim?
You gently embrace her with his left hand around the waist, then you take her left hand, then hold, and then ...
- Gump, we are talking about my sister!
- It would at once and said it! Its collision with bridges in the water!

Dance two hippopotamus.
- Do you love me? - Asks gippopotamiha.
- Of course! I did all evening dance only with you!
- It's still not proof.
- No evidence? Would you looked at myself!

The director asked the secretary:
- You're busy on Sunday?
- No, sir, I am free, she says, blushing.
- Тогда потрудитесь не опаздывать в понедельник на службу.

Erhard Jacobsen came to the reception to a psychiatrist.
- According to papers I know who you are - the doctor said - and what you do. But to start a serious treatment, I must know who you really are. I want you to tell me quite frankly about their lives themselves - start from the beginning.

Erhard cleared his throat and began:
- Well, first I created Heaven and Earth.

In the doctor's office is a man, his hands trembling.
- You've been drinking? asks the doctor.
- Not really. I no longer shed.

Out of the door leaves the pharmacy buyer. Suddenly, after it runs a pharmacist and shouts:
- Sir! By mistake instead of calcium chloride we gave you cyanide. Payment at the cashier twenty cents, please.

Pastor - artist:
- You're crazy! Where you've seen angels in the shoes?
- And where did you see the angels without shoes?

One young gentleman congratulated the parents on the New Year.
- What are you doing, son? Today, another May 30!
- And I left for the second year.

**Homework**
1. Vyuchite heart fixed code-digit numbers (from 61 to 80). Repeat and attach to the memory of previous numbers.
2. Translate the numbers into figurative codes. Strive to recoding was carried out without delay.

<table>
<thead>
<tr>
<th></th>
<th>13</th>
<th>56</th>
<th>68</th>
<th>33</th>
<th>02</th>
<th>42</th>
<th>09</th>
<th>29</th>
<th>11</th>
<th>57</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>19</td>
<td>41</td>
<td>26</td>
<td>58</td>
<td>77</td>
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<td>44</td>
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<td>36</td>
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<td>55</td>
<td>01</td>
<td>38</td>
<td>67</td>
<td>10</td>
<td>31</td>
<td>17</td>
<td>22</td>
<td>50</td>
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<tr>
<td></td>
<td>06</td>
<td>14</td>
<td>59</td>
<td>78</td>
<td>03</td>
<td>43</td>
<td>08</td>
<td>45</td>
<td>28</td>
<td>64</td>
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<tr>
<td></td>
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<td>39</td>
<td>69</td>
<td>25</td>
<td>53</td>
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<td>16</td>
<td>71</td>
<td>66</td>
<td>73</td>
</tr>
<tr>
<td></td>
<td>62</td>
<td>60</td>
<td>80</td>
<td>74</td>
<td>79</td>
<td>46</td>
<td>65</td>
<td>30</td>
<td>49</td>
<td>52</td>
</tr>
</tbody>
</table>
3. Remember the words strictly by their serial numbers.

1. NUMBER 2. SCREEN 3. MEETING 4. OUTPUT
5. WARRANTY 6. KEYBOARD 7. ELECTRON 8. UNIVERSE
9. WAY 10. WELCOME 11. SERVICE 12. WORLD
17. SOUND 18. PROBLEM 19. IMPACT 20. SCORE
21. AMERICAS 22. EFFECT 23. BOLT 24. COPPER
29. Carrot 30. UNION 31. INTEREST 32. AUTHOR
33. TELEVISION 34. RODS 35. Laboratory Technician
37. PERCENT 38. CRITICISM 39. Graphics
41. LOCALITY 42. COMMISSION 43. CORNER 44. NEWSPAPER
45. SPORT

4. Remember the sequence of anecdotes.

A man reads a newspaper in Los Angeles every time a car goes by one person.
- God, he sighs, that's unlucky wretch.

When Mark Twain was invited to attend the funeral of a senator, he said:
- I refused to attend the funeral of the man, but he sent a polite letter, in which he wrote that on a warm welcome to this event.

- Sorry, but I think I've seen your face somewhere else.
- It can not be. His face, I always carry one and the same place.

A young man comes to a rich industrialist's daughter whom he wants to marry. The industrialist said:
- Young man, I made inquiries about your past and I must say ...
The young man interrupted him:
- I also made inquiries about your past and I must tell you ...
- Okay, let's talk about something else.

My mother, a mouse jumped into a can of milk!
- You pulled it?
- No, but I threw the cat!

Broil in a young family.
- Yes you are, is just selfish. My wife, my apartment, my salary. My, my ... Nothing is yours, there are only ours. Do you remember? By the way, what are you looking there in the closet?
- Our pants - responsible husband.

Express "South Pacific" swept along the borders of one of the largest cattle ranch in Texas. One of the passengers intently gazes into the vast herds of grazing along the road. When finally the train passed the area of the ranch, he turned to his neighbor and said:
- Simply incomprehensible! - He said. Incidentally, I am the owner of the ranch and know exactly what I was 11 420 head of cattle. For God's sake, how did you manage to count them when the train makes 60 miles per hour?
- Oh, it's pretty simple if you know the system - responsible mathematician. It takes only count feet and divide by four.

- Aunt Vlasta you that she is not know how?
- Where did you get this, Pepichek?
- When you announced your arrival, my father told my mother: "Again we have a week to feed your aunt!"

- Good evening! I want to say that your daughter is willing to be my wife!
- Your own fault! Why it was necessary to come every evening to visit us?

5. Remember the formula technique of memorization of formulas.

Velocity of ordered motion electrons in a conductor
\[ u = I \cdot (enS) \]

\( u \) - velocity of ordered motion of electrons in a conductor
\( I \) - current
\( e \) - unit charge of an electron
\( n \) - the number of electrons
\( S \) - cross-sectional area of the conductor uniform motion along the circle \( v = 2\pi nR \)
37. Acceptance of "focusing" of information on a single image

This technique is used to store a sufficiently large number of similar information. A typical example of such information may be a little chronology. The meaning of information focusing on a single image that memorized information broken down into several parts and each part is fixed on the image extracted from the main image.

The central image is broken down into parts of the selection method of the invisible parts of the image. For each selected podobrazu bound of the chain of support images that are recorded the particulars. Collecting better way to select from common objects (pen, phone, etc.) as a way convenient to use an image selected by Cicero. In this case, is automatically fixed sequence of information blocks. Consider the example of this technique to store a chronological table.

38. Remembering the chronological tables

As the central image of the image will take a ballpoint pen. She often catches the eye, and will encourage you to remember the chronological table.

Disassemble the central image in several parts. Highlight of the pen: spring, rod, burner assembly, a ball.

Divide the chronological table into several equal parts so that each got 8 dates.

Convert all times tables into visual images.

The acceptance of "Matryoshka" Remember separately each short sequence dates.
The first images of each sequence, connect with podobrazami pens.

Scheme of "assembling" a chronological table on a single image. The sequence of pieces of information useful to remember by Cicero.

Mentally repeat memorized the sequence and verify the accuracy of memorizing digits of dates. Remove from memory the images that represent numbers and dates of the associative link attached to them the relevant events. After controlling for the recall of mentally repeat a table on the reference images and the full transcript.

Let us analyze the storage on a fragment of a chronological table. After splitting a table of 32 dates in four parts got four fragments of 8 dates. That's one of them.

<table>
<thead>
<tr>
<th>Year</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>500</td>
<td>emergence of the state francs</td>
</tr>
<tr>
<td>630</td>
<td>Education Arab States</td>
</tr>
<tr>
<td>800</td>
<td>proclamation of the Emperor Charlemagne</td>
</tr>
<tr>
<td>843</td>
<td>conclusion of Verdun Treaty Section of the empire of Charles Great</td>
</tr>
<tr>
<td>863</td>
<td>creation of Cyril and Methodius Slavic Literature</td>
</tr>
<tr>
<td>962</td>
<td>formation of the Holy Roman Empire</td>
</tr>
<tr>
<td>1054</td>
<td>division of the Christian Church in West and East in 1066 conquest of England Duke of Normandy</td>
</tr>
</tbody>
</table>

Transform the images of figures in dates:

500 pBNmNm bananas ShlkHnM Chess 630, 800 VfNmNm bath; VfChschKh 843 sheep; 863 VfshLKh rollers; 962 RtsshLdT Roulette, (1) 054 NmPbChsch new furnace, (1) 066 nMShlshL mousetrap.

Bind the first image of "Banana" to the image of "The spring". The acceptance of "Matryoshka" remember the sequence of the resulting images: spring, banana, chess, bath, lamb, roller, tape measure, new furnace, a mousetrap.

Mentally repeat and verify the correctness of encoding and decoding of digital information.

Successively we obtain from the memory reference images (in which the coded numbers of dates) and to form associations with them, remember the event: 'Banana box Franc "; "Chess is an Arab flag"; "Bath Crow (Carl) crown";
"Lamb rope money crow";
"Roller encyclopedia" Cyril and Methodius ";
"Roulette Roman priest crown";
"The new furnace church"

Similarly, to remember and the rest of the chronological table. Pick up the images of the most simple and informative. Encoding names should be very accurate (normal MENDE Ia).

Once memorized all the dates chronological table (in the exercise of their 32), take control and try to recall mental repetition. Material on this chronological table to work out three levels of repetition (see "The method of active repetition.")

Images in which different information blocks are collected, in addition to bind easily recall the reference images.

In more complex chronological tables, in which there are dates and three digit numbers frequently, the basis for the association should take the image, indicating the event. Ie numerical information is recorded as part of the association (see "Admission of records in different parts of the image.") If the number of tables are not repeated, they could (as exception) to remember the series, tying together the reception "Matryoshka".

39. Method for isolating the distinguishing feature

Everyone at school had a nickname. One was "the bespectacled man," another "Buffoon," the third "thick" ... Pies, Bystrikov, tobacco, rust ... all distinctive signs. Children do not like the name and patronymic are too difficult to memorize. And the names of all the frequently repeated. Another thing - a nickname. It individually, it can immediately understand, I'm talking about. Nickname reflects the most important thing in a person or briefly recalls his name. It is very important and that nicknames are usually the words that are fairly easy to imagine as a visual image.

Nickname, on the one hand, at once reminds us of the appropriate person on the other hand, this way you can bind the association any further information about the person.

Consider the main features distinguishing feature, and describe several forms of its release.

A distinctive feature

1. The distinguishing feature allows you to remember a specific person.
2. By distinguishing feature may be bound any accurate information (Name, address, phone, pager, car number, place of employment, profession, etc.).
3. The distinguishing features can be stored sequentially, which allows no-order to remember information about a group of people.

Options distinguishing features are the same as verbal supports, denoting logically complete passages of text material.

Isolation of a distinctive feature in the photo

The hallmark of perceived simultaneously with the photo, there is a natural association and, therefore, to remember our brain automatically. As soon as you remember a distinctive feature in your imagination will
generalized image of the person concerned. The hallmark of the picture can be anything you want. Items of clothing and hairstyle, defects in appearance and similarity to someone. The hallmark of the picture may well be even an element of the background. (For example, the window in the background, an unusual type of chair or even a scratch on the photo.) But often the photos that is very difficult to find a bright distinctive features. Then carefully look into the face in the photo and try to determine its similarity to someone or something.

Isolation of the hallmarks of the photograph can be useful for you to remember information about outstanding scientists, writers, musicians, politicians.

Please note that the same way you can remember any sequence of images, such as illustrations in a textbook or a picture in the exhibition. Illustrations themselves can be used as reference blocks of images to remember other information. To do this, mentally isolated from each illustration, the constituent images.

**Isolation of a distinctive trait in someone you know well**

Even if you know someone very well - his name, place of residence and work - you may need to memorize any more information about this man, for example, your cell phone and pager, or cipher code lock in the stairwell of his home. In this case, the hallmark released by occupation of man, his passions, good or bad habits of oddities in his behavior, manner of walk, talk, dress, by its nature. If your friend - an athlete can be assigned to him the image of "rod". If your girlfriend all day engaged in playing the violin - name the "Violin". It makes sense to assign a distinctive, even his close relatives.

**Isolation of a distinctive character in a strange man standing in front of you (the situation "Introduction")**

Usually during dating man hopes his memory, but after a few minutes figuring out that I forgot the name and patronymic of the person who just met. In this situation, many fall. If you are already dating does not have time to remember the name, do not hesitate to ask again. No one will be offended. Even helpful to call your buddy on the name during the conversation, specifically referring to it. Contact name (first name and patronymic) - a sign of good taste.

If you know what is to be familiar, pre-allocate the hallmark of a person before it you will be presented. Immediately bind its name to the selected feature, and to fix the image of the family name and patronymic in the conversation, repeat memorized information, calling the person's name several times. The distinguishing features in this case it is better not to provide for clothing or hairstyle. These elements of the exterior are subject to change. Hallmarks of good may be: the figure of man (height, obesity, thinness), its similarity to known or familiar to you people, unusual behavior, opinion, features of speech, gait, gestures. If someone like Kobzon, tie him to a holster with an umbrella. If a woman is like a Pugacheva - give it an image of "Pugach" (children's gun). If a person hopping gait - you can visualize the "frog", etc.

**Isolation of a distinctive trait in a man whose image you do not know**

In this case, you can only name the person. From this it is necessary to select and distinctive feature. If a person is - light, it can be described properly
"Lamp". If his name Tikhonov - "Turtle" or "snail". Our domestic names quite easily be translated into images.

Foreign names are divided into several parts, each of which translated into an image. These images are joined in an association. Name and surname should be fixed in one of the images of the association, indicating the name. Mårtansson March - Ten - the dream. "Mark" "Tilt" "Bed."

**Isolation distinguishing feature of the interior space**

Often enough to draw attention to an element of interior space, which is necessary to you people. Thus, in the dentist's office may be a chair in the clinic - a window registry, in car service - car lift. The necessary information attached to the selected your subjects.

**40. Remembering the Name**

The names are converted to images by the suggestive associations, ie any of the four coding techniques or combinations thereof (methods of symbolization, binding to the familiar information, coding and compiling a consonance words syllable by syllable.) The images, coding for part of the name, contact the association.

Examples:

- Shmelev
- "Bumblebee",
- Ozersky "Lake",
- Prokofiev "Coffee";
- Zakharova "Sugar";
- Kudryavtsev "curls."

Examples of changes in the images of foreign names:

- Koskinou "Spit dagger";
- Berg, "The Coast";
- Barris' Badger rice "; Diner"
- Scanner Recorder "; Dilcher"
- Crocodile ink "; Darley" Radar
- lemon ";
- Kambi "Yasshbinezon";
- Crosby's " . Sneakers bit."

Name and patronymic are stored (translated into images) is the same. Since the names are repeated often, they are gradually drawn figurative codes. The principle of encoding the names simple and easily seen by examples. The names can be encoded into visual images the release of the name of another word, by association with familiar people, in consonance, on the generally accepted interpretation.

Examples:

- Vladimir world "Globus";
- Lilia "lily flower";
- Svetlana "light bulb";
- Sergey "Earring";
Nicholas "Number";
Peter "Cigarettes Peter 1";
Vasyl 'cat';
Paul "Peacock Feather";
Michael "Bear";
Hope the "Compass" (Earth), the words of the song;
Luba Love "Heart."

You can encode names and images as follows. If your name is familiar to Natasha and she loves to sew on the sewing machine, you can all the people with the name "Natasha" denote the way the "sewing machine". If your friend Val worked as a cook, you can designate all the way Val "ladle."

The reference image, name and patronymic are stored in the following way. I.e
Example.
Example.

89 vFRts Farah 99 RtsrTs The radio
90 RtsnM wineglass 100 tables

Exercises
1. Encode the number of images in a table of random numbers. To ensure that coding was carried out without delay and without errors.
   64712160314362092230
2. Remember chronological table.

500   emergence of the state francs
630   Education Arab States
800   proclamation of the Emperor Charlemagne
843   Verdun-sharing agreement of the empire of Charlemagne, 863 creation Cyril and Methodius Slavic Literature
962   formation of the Holy Roman Empire
1054  division of the Christian Church on West iVostochnuyu
1066  conquest of England Duke of Normandy
1096-1291 Crusades 1099 Crusaders capture Jerusalem
1204  conquest of Constantinople by the crusaders
1215  King of England signing Magna Carta
1265  education English Parliament
1302  convocation of the States General in France
1337-1453 Hundred Years War between England and France
1358  Jacquerie
1368  the liberation of China from the power of the Mongols
1381  Wat Tyler's rebellion
1389  Battle of Kosovo
1419-1434 Hussite Wars
1445  Gutenberg's invention of printing
1453  destruction of the Byzantine Empire
1479  Education Spanish kingdom
1492  expulsion of the Moors from Spain, the completion of the Reconquista
1492  Discovery of America by Christopher Columbus
1498  opening a sea route to India, Vasco da Gama
1517  beginning of the Reformation in Germany
1525  Peasant War in Germany
1534  beginning of the Reformation in England
1566-1579  Revolution in the Netherlands
1588  defeat "Invincible Armada"
1624-1642  rule of Richelieu in France

3. Remember consistently photos, name

Hallmark
"Earrings"
Loginova
Svetlana

Hallmark
"Hair"
Kulebyakina
Galina

Hallmark
"Beard"
Mårtensson
Alexander

Hallmark
"Cap"
Bobby
Peter D.

Hallmark
"Shoulders"
Winter
Irina

Hallmark
"Bang"
Rogov
Olga Davydoyna
4. Remember words by serial numbers. Approximate time of remembering a single word - 6-8 seconds. The words that you have memorized cover postcard calendars.

1. ZENIT 2. HOTEL 3. FASHION 4. RADIO
5. NOVEMBER 6. RUSSIA 7. SPONSOR 8. PHONE
9. HAPPINESS 10. PAPER 11. DESTINY 12. SHEET
13. FIRE 14. TERM 15. PRAYER 16. FRIEND
17. LIFE 18. EXAMPLE 19. Donkey 20. EYES
25. PUTTY 26. BRIDE 27. KREMLIN 28. PRINT
29. CHILDREN 30. PENCIL 31. ROME 32. NIGHT
33. EXCERPT 34. FRUIT 35. CHINA 36. MEMOIRS
37. HOME 38. PACKAGING 39. COSTUME 40. MORE
41. Barin 42. CROSS 43. SYSTEM 44. SMILE
Homework

1. Learn the remaining 20 numbers fixed figurative codes. Work out in their transcoding on a table of random numbers. It is important to be able to quickly translate numbers into images for memorizing numerical information (phone numbers, addresses, etc.).

21 33 65 14 48 16 79 03 42 88
46 81 05 34 78 43 56 24 59 10
64 99 20 55 01 15 36 41 87 50
98 32 84 06 35 47 02 58 09 97
04 45 54 13 31 23 57 02 58 97
61 22 96 67 49 86 08 37 40 85
70 72 17 53 30 18 69 25 28 60
75 80 68 07 44 95 11 63 82 94
66 93 27 73 52 26 91 38 51 89
71 83 77 12 92 39 62 29 90 00

2. Remember words by serial numbers. Time remembering a single word - about 6-8 seconds.

1. ARMENIA 2. MINUTE 3. LAW 4. PROCESS
5. PEAS 6. POLITICS 7. ARTICLE 8. ANGLE
9. ROOF 10. COMEDY 11. ATTORNEY 12. In-law
17. FORM 18. The Martians 19. JUNE 20. NOTE
21. WAR 22. ATMOSPHERE 23. PRACTICE 24. COMMISSIONER
25. SPY 26. TALENT 27. LETTER 28. PORTRAIT
29. VOZRAST 30. Audacity 31. FAITH 32. MORE
33. PHOTO 34. EDITOR 35. HEIGHT 36. SKATES
37. BEARD 38. PORTRAIT 39. SCANDAL 40. EXHIBITION
41. RUN 42. ATTIC 43. ATMOSPHERE 44. HELP
45. CITY 46. TEACHER 47. RAZRUHA 48. ROD
49. REALITY 50. LABOUR 51. Filin 52. Excellent
53. PRODUCT 54. LIST 55. ENEMY 56. SHOP
2. Think of a chronological table (class 6) sequentially from beginning to end, without interruption. Write down on paper, check. Lost from memory the information note again. Bring up a chronological table for the day (bus, subway, train). Practice repeating in different ways: the chains only support images, with a full transcript, with drawing of numbers.

3. The photographs highlight the distinctive features. Remember distinctive method of "Matryoshka". Remember the series hallmarks, trying to visualize a generalized image of the face. Encode the images of the names and patronymic. Surnames bind to distinctive features. Other Name memorize the different podobrazy image, meaning his name. Think of exercise (without book): a distinctive feature, the image of the face, name and otchesstvo.

Hallmark
"Cheeks"
Kryukov
Tatiana
Hallmark
"Hat"
Sivoglazov
Andrew
V.

Hallmark
"Temple"
Peters
Galina E.

Hallmark
"Writer"
Zhilichkina
Anastasia Arkadyevna
Chamaeva
Elena

Yezhkov
Valentine Egorevich

Gerchuk
Yuri
Lesson 7

41. Storing digital data

The method of association list and the method of suggestive associations, the most complex to date. But without the ability to quickly transfer images to new words and numerical data can not remember phone numbers, addresses a variety of codes and ciphers, numbers of vehicles, and hybrid numerical tables, physical, mathematical and other constants. A lot of names, names and numbers found in the text material. It is therefore important to learn not only to memorize the names and numbers, but also remember them quite quickly and in large volume. The volume of memorized information - is the amount of information that people can remember at one time without a break. This is a very important feature of GMS ®. If you can not store a large amount of information that your mnemonic skills will not go beyond the "tricks" with the memory. The real information that occurs in life and in textbooks, requires you to ability to produce hundreds of associations.

Characteristics of "memory volume" depends on natrenirovannosti attention and, in particular, on its stability. Immunity is very important, and low fatigue. Ability to concentrate for a long time (with no fatigue and fatigue) is called in psychology postproizvolnym attention. At the beginning of training a person experiencing great difficulties in memorizing. Attention is resisting. It is very difficult for a long time to perform operations on memorization and recall. However, if to steel himself and get the brain to remember all the big and large amounts of data, attention to give up and switch to a new mode of operation which is called in psychology postproizvolnym attention. In this state of mind is kept easy and reduces your sensitivity to external stimuli (increased noise immunity). You become able to carry out a long time concentrated on the most uninteresting work (which, for example, is the memorization of numbers). The most important thing in postproizvolnom attention - it's complete lack of fatigue. As if the brain consists of reserves. You may even begin to experience the pleasure of the processes of memorization and recall. Time in this state is flowing very fast. Three hours of training may seem just one hour. Condition postproizvolnogo attention kept for a while and after exercise. Such stability of attention can only be achieved by performing exercises with the ever increasing volume of stored data.

Other key features - speed and memory speed of recall. In fact, if you remember the speed is very low, the storage becomes a torment, and remember a lot of information in this case is not possible. In the classroom is important and the rate of recall. When the student is "pushed out" of a memorable information, the classroom is idle and no time to exercise practiced.

The purpose of this exercise classes - once again to work out a fixed code-digit numbers, to increase ("I can not over") the amount of stored data, to stimulate the rate of memorization and recall. And finally -
prepare students for courses of mnemonics to remember information that actually appears in life and in the learning process.

In the next lesson you'll remember a lot of phone numbers, blocks of information about people, foreign words, the Japanese alphabet, encyclopedic information containing accurate information, texts with the terminology, the names and numbers. You will learn how to memorize and mixed numerical tables, physical and mathematical constants, and how to prepare for the exam on the questionnaires. Exercises will be complex and lengthy. Therefore, carefully follow the exercise, whose main objective - to generate your sustained attention, increase memory capacity and speed.

**Exercises for memorizing a sequence number (from 1 to 100).** The main goal - to bring to the auto-level coding in images two-digit numbers. On the basis of double-digit codes, you will quickly memorize almost any data containing numeric information. The exercises of this type on the same serial numbers (this is always the same images) can store different information: words, numbers, letter combinations. New information from the serial number erases the previous information. In other words, these exercises are not designed for long-term memory. It is important the process of memorization and recall.

You can use the storage under the serial numbers to show the "tricks" with a phenomenal memory. Usually around amazing person's ability to memorize 100 numbers, and even play them randomly, under the numbers. Of course, the secret of these "tricks" that you really memorize. However, with the help of images.

The exercises in memorization, in alphabetical order you have worked figurative codes letters, once again secure method of AC100, a technique of memorization in different parts of the image. These exercises will prepare you to memorize phone numbers in sequence and in alphabetical order.

**Exercises for memorizing a sequence of numbers taking back fixed in your memory method AC-100, demonstrate the importance of operations "Modifying Images", taught safely store different data taking back (without prior preparation of reference images). Acceptance of return is used to isolate the figurative codes in the memorization of accurate information in passages of text material.

**Exercises for memorizing numbers using reference images** aimed at overcoming the psychological barrier in the rate of recall. This method of storing a very reliable, and students have the opportunity to relax and focus more on the pace of remembering. In carrying out similar exercises in memory of fixed reference system images. In the future they can be used for long-term memory blocks of information. When training on the program "Master of Memory" in the first model the storage system to support images.

**Exercises**

1. Remember the words and the number under the serial numbers. Numbers are stored reception "Matryoshka". Word - is arbitrary. Coding words into images produce suitable methods.

   1. PLATE  
   2. Shellfish  
   3. 26  
   4. SEC  
   5. 81  
   6. 16  
   7. CUSTODIAN  
   8. 48  
   9. BUILDING  
   10. 32  
   11. SONG  
   12. PARROT
2. Remember taking "Matryoshka" figurative codes of the Russian alphabet letters. These images can be changed by you.

A. ARCA. YOGHURT  William Dill  B. BOER
C. Coffee  F. CHIPS  B. RIFLE  Laptev
X. BATHROBE  G. RAKE. MIKE  CHAIN C.
AD BOARD  AN THREAD  Ch BILBERRY  E. O. Hoop
UNIT  Sh WASHER  E. Brush  PA PACKAGE
Shch Latch  J. Brazier  R. RAPIRAE. SCREEN
3. STRAWBERRIES  S. CHEST  Yu SKIRT  I.

ILLUMINATORS
T. TABLETS  J. AMBER

3. In each image of the alphabet and select three each podobraza podobraz remember one double digits. (The three numbers on a figurative code letters of the alphabet.)

A 268 542 And 872 325 I 409 168 B 801 856
4. Remember the sequence of numbers receiving the return.

54 42 16 74 57 18 42 11 16 12
92 57 06 44 21 55 01 08 61 87
28 95 68 97 91 46 16 40 11 94
60 34 38 43 47 10 32 66 32 43
38 59 63 55 81 48 27 71 60 19

5. Remember the sequence of words "chain." In each image select three invisible image and imagine each of them separately. Remember for each selected image number one.

**LETTER BOX TAPE MACHINES CHESS BUTTERFLY PLANE BOAT LADDER VIOLIN Tube Violet AUDIENCE Answer System Center Pins FRAME PLUG HORSE ICON BOOK GLUE Keychain Staplers MAC**

```plaintext
36 54 79 09 70 28 84 89 18 26 69 75 43 04 35
57 63 68 58 03 22 78 42 91 68 97 03 28 13 96
28 13 96 78 83 76 23 59 29 93 65 42 90 53 61
42 19 40 75 27 59 10 19 07 34 21 82 27 74 66
99 06 65 54 58 95 26 13 62 46 21 43 75 38 72
```

**Homework**

42. Generalization of the studied material

Repeat the sequence of images of memorization techniques.

1. Receiving "Chain". This technique remembered horizontal linkages, For example, a sequence of precise information in a passage of text.

2. Receiving "Matryoshka". This technique remembered vertical relationship. For example, a series of paragraphs, the sequence of dates, chronological table, a sequence of names in the memorization of phone numbers and mixed tables. Receiving "Matryoshka" allows you to save the supporting characters. With this technique, memorized information linked to the block. Different blocks of information in addition to the well-stabilized fixed in the memory of the sequence of reference images (for example, by Cicero).

3. The method of Cicero. It is used primarily for storing a sequence of first images of various chains of association and the blocks of information. Recommended to fix the memory reference images, repeatedly remembering
them random numbers (on the program "Master of Memory"). Fixed system of reference images can then be used for long-term memory blocks of information.

4. Admission free association. Used to extend other methods. For example, for the formation of additional images to a distinguishing characteristic in the memorization of information about a person, formulas, and constants. The same technique can provide additional images of figurative codes for numbers and letters.

5. Memorization techniques to different parts of the image. It is used to store figurative codes. Any figurative codes should be remembered only in isolation from one another, through another image. (Remembering the first name and patronymic in the form of names, phone numbers, remembering the image on the "master" phone number.)

6. Method of singling out the invisible parts of the image. Used to create a reliable system of support images for "assembling" pieces of information on a single image (memorize phone numbers in alphabetical order, the collection of a few chains on a single image technique "focusing" of information).

7. Acceptance of the return. When memorizing this technique as the reference images using different image of the previous memorized the sequence. This technique combines the method of "chain" and "memorization techniques to different parts of the image." It is used to isolate the figurative codes in memorizing the exact details in a passage of text.

8. Memorizing a sequence number (Based on a fixed number figurative codes). It is used to quickly memorize information, followed by overwriting it with other methods. You can during the day to record accurate information in their memory for a sequence number, then slowly organize this information, gathering it into blocks or thematic consistency.

9. Remembering in alphabetical order. It is used to store data in alphabetical order. You can store addresses, phone numbers, names and other information in the order of letters in the alphabet without prior systematization.

10. Remembering to well fixed in the memory of the sequence of images. Sequence of words that you remember to exercise, can be used to form a system of support images. Tied to the ten reference images (the method of Cicero), short chains of 10-20 images, you get 100-200 "Cells" for long-term memory of the relevant pieces of information.

All these methods of memorization of sequences of images are used both separately and in various combinations. Drawing combinations - improvisational and depends on the purpose of remembering and the kind of remembered information.

Why memorize the sequence information

1. In order to reproduce the information as a whole, without prompting and leading questions (active recall).

2. In order to give yourself a chance for a few days and evenly with no gaps to repeat and reinforce the new information by retrieving them from memory (the method of active repetition).

Always keep in mind when remembering mnemotechnical effects

1. Any figurative codes can not be linked together in an association (figurative codes two-digit numbers, days, weeks, months' names, names and surnames, mathematical symbols and formulas elements, disciplines in memorizing schedules, etc.)
2. Formation you have a reflex connection is tested on figurative codes, following in random order. Encoding data elements in the figurative codes should be carried out very rapidly (0.5-1 seconds on the way). For training and testing is very useful card. With their help, quickly get a random combination (by simple mixing).

3. To neutralize the "Effect of folding chains of association," a large amount of information to break up into several short sequences (up to 10 images each). They come together by Cicero reception focusing on a single image.

4. To neutralize the "Effect of deletion of association," remember that the newly formed spontaneously broken relationship in a short time (about 40 minutes). To preserve the association of mental repetition is required (activation).

5. Using mnemonics, you can always determine which image you have already taken. In the long-term memorization is not re-use images involved. This will erase the previous information. Images easily modified. So if you need to use images already occupied, use mental operations "Modify" and "transformation."

6. For quick, "Effect of direct recall" (the formation of a reflex connection) to remember information in visual images to mentally repeat the operation with the use of "overlay images" mentally drawing and pronunciation in the background reference image. This is accompanied by the formation of associative connections between different analyzer systems, which is equivalent to long-term (life) memorization.

7. To consolidate the information in the speech analyzer (surname, name, terms) use a large inertia of the speech analyzer (4 seconds). A few words with visual images (5 words) can easily be kept in mind and can be repeated by you very quickly without the reliance on visual images. With multiple iterations of mental verbal memory stores a bunch of words at once. Any accurate information, enshrined in this way, I remember just as easily as lyrics.

8. Do not forget to use the natural associations (relationships formed naturally in the perception). That the brain remembers something (this applies to visual images), enough for a few seconds just to look at the desired image (repeat method for isolating and distinguishing characteristic of the technique of memorization photos). In a similar way we can fix in the memory of the sequence of illustrations in the book or film.

9. After reviewing any technique-model it on what you need. Any information stored about the same. Of the various techniques and methods as possible to collect bricks from the new techniques of memorization, mnemonics adjusting to different disciplines.

Job

In his spare time to develop his technique of memorization: timetables trains, periodic table, examination of tickets for traffic rules, anniversaries, birthdays, become law. Memorize this information is not necessary. Just consider how most appropriately to remember this or that kind of information, using a combination of studied methods and techniques you remember.

Exercises

1. Convert the letters of the alphabet in the fixed figurative codes. Achieve automatism coding (with minimal time).
2. Each letter of the alphabet tie an associative relationship in one image and mentally disassemble each image into three parts. Think of each part separately.

A ARCA pack (There are three image)
B BUR MATCHES (select three images)
In the RIFLE classification (select three images)
T RAKE MONITOR (select three images)
A BOARD SHOES (select three images)
E ONE GUN (select three images), E-Brush LAMP (select three images)
M Brazier foam (There are three image)
3 STRAWBERRY LIGHTERS (select three images)
And windows RECEIVER (select three images)
Q YOGHURT BOOK (select three images)
COFFEE TO WHEEL (There are three image)
A Laptev TEL. TUBE (select three images)
M MIKE FLOWER (select three images)
H THREAD STILL CAMERA (select three images)
About Hoop CALCULATOR (select three images)
P GUITAR PACKAGE (select three images)
P RAPIRA JEANS (select three images)
From CHEST CHAIR (select three images)
T TABLETS feet (divided into three image)
In Dill LIFT (select three images)
F CHIPS MACHINE (select three images)
BATHROBE VIOLA (select three images)
D CIRCUIT CROCODILE (select three images)
H BILBERRY STREET LAMP (select three images)
W WASHER CHAIN (select three images)
U Latch cap (select three images)
E SCREEN PIANO (select three images)
S SKIRT COMAR (select three images)
I AMBER HEADPHONES (select three images)

In the eighth lesson, you'll be using this system of support images for storing phone numbers in alphabetical order.

3. The preparatory exercise to the technique of memorizing of textual material. Pick up any newspaper or magazine. After reading one paragraph, write down on paper as concisely the fundamental idea of reading a paragraph. Label paragraph visualization. After a few dozen paragraphs. Remember the sequence of paragraphs verbal supports. Retell without accurate information.

Often, when memorizing the texts must either combine several paragraphs into one, or from one paragraph to provide some independent. For guidance logical order in the text sometimes becomes necessary rearrangement of paragraphs (a combination of different paragraphs, identical in meaning).
43. Technique remembering phone numbers

The eighth session focuses on working out techniques of memorization of phone numbers. You can store phone numbers in different ways in series on topics in alphabetical order, with reference to the premises, which is necessary to you phone, with reference to the name (if the image of the person you do not know), with reference to distinctive features.

Telephone numbers are stored on the basis of fixed shaped double-digit codes: 25 "Axe", 35 "Cube" ...

The first three digits of phone number (392 25 35) are stored by converting a three-digit number in the image on the basis of an alpha-numeric code: 392 K PH dT trough. Remembering numerical information, you gradually learn the figurative codes of three-digit numbers (the method of AC-1000).

In most cases, you can store phone numbers on the basis of only two-digit numbers. The first three digits of telephone numbers in your area you can not remember as in the other phone numbers you are familiar with areas.

The first digit "1" is not remembered and added when the recollection. The first digit "2", "3" and "4" can be marked in the appropriate number of associations following them two-digit numbers: 337 three braids.

Represent 5, 6, 7, 8 and 9 of images is difficult. Therefore it is better to use images, designated by two words - an adjective plus noun. At the same adjective must start with the appropriate letter (depending on numbers). Very good to remember the color and texture of objects. For example: 579, "Fused Cheese, "672" rough sieve ", 785" Salt Vobla ", 816" Violet Gouache ", 935 "Rubber Cube."

Images in which the number of encoded phone number, you can not connect with each other. Association for Educational uses an image derived from the "host" of this issue. Association formed memorization techniques to different parts of the image.

Example. Cinema "Aurora" - 337-26-00. For the reference image is taken cruiser "Aurora". There are three podobraza ("pipe", "Gun", "Anchor"). There is always a certain order (from left to right or vice versa). These are artificial podobrazami Association: "The pipe three braids (coconut)," "Cannon shower," "Anchor barrel."

After the formation of three different associations to provide all the "picture" as a whole, ie visualize "Aurora" with all its educated podobrazah associations. The effect of simultaneous mental vision is achieved through multiple images quickly view images submitted.

Example. Remember the phone number of the cinema "Baku" 15134-48. Transform the "Baku" in the image of "Buck" method of encoding a consonance. We distinguish in this manner three podobraza: "The outer part of the tank," "Handle the tank" and "The bottom tank on the inside." With dedicated podobrazami form the association: "The outer part of (some) shoulder straps (51)," "Handle the tank head (34)," "bottom of the tank sorrel (48)."

Sequential storage. The sequence of telephone numbers stored reception "Matryoshka". In a sequence of linked images, which are encoded as: Vanguard Aurora Diamond Altai ...
The sequential memorizing dozens of phone numbers should be broken down into short chains (8-10 Names of each). Several chains come together to remember taking the invisible parts of the image (receiving information focusing on a single image) or by Cicero (each sequence is recorded on a separate reference image).

**Remembering the topics.** A similar sequence of memorization. The difference is that in each sequence of phones selected topics: classmates, friends on a summer residence, knew his wife (her husband), medical facilities, auto parts stores, etc.

To indicate the topic to the top of the chain sequence is inserted into the image-tag, which reflects an appropriate topic: giving "Well," car wash "Jack" classmates "party", etc.

**Remembering phone technology in alphabetical order** next. Prepared by the system of support images, based on - figurative codes letters of the alphabet. Each image of the alphabet is bound associative link any arbitrary way. This image is divided into three other image technique to identify the invisible parts. In the formation of associations of each selected image must be submitted separately. If you are to each letter of the alphabet tied only one way (divided by three), then you have prepared a system of support images for storage in the alphabetical order of the 90 phone numbers. For example, to figurative code letter "A" ("Arch"), you bind the association in an arbitrary manner "Tutu." From this image of select three podobraza: "Cigarette", "foil", "Capsule".

Now, for each selected image, you can tie one image, which contains the name of the theater and his phone.

As images fill the rooms can be added to support images, thereby creating additional cells for telephone numbers. So, if for each letter of the alphabet you tie on 10 random images (each of which identified three other images), the volume of the system of support images will be equal to 900. This means that you can remember in alphabetical order, the same number of phone numbers, or any other information. For such a wealth of information held in memory, the association should form a very neat, with all the rules of memorization.

Appliances store in alphabetical order, is spectacular and generally strikes the imagination of the uninitiated mnemonics. While seeing the names and corresponding phone number instantly remove the memory image of the corresponding letters of the alphabet. Remove from it any way first, disassemble it into three parts, and select one. Have you prepared the reference image to memorize the phone. To this reference image, bind the association image in which the encoded name and image to remember the name of the phone number. It's a long story, but in mind this is happening almost immediately.

**Example.** Phone Number: cinema "Aurora" - 337-26-00. Imagine the code letter "A". Remove from it the first image ("Tutu"). Disassemble the image into three parts ("Cigarette," "Cellophane," "foil"). Choose one of these images and imagine his thoughts. Tie a cigarette image of the "Aurora." On the image of the "Aurora" lock the phone number.

When playing back the information stored by this technique, you will be able to remember phone numbers sequentially in strict alphabetical order (you'll know precisely how many phone numbers is available on a particular letter). You can make a quick phone number search by first letter of the name. Reach for the image of the desired letters and recorded phone numbers there. When it is necessary to recall the number of a specific name search be realized immediately, without
robin formed associations. Indeed, as soon as you hear the name 'Aurora' in your imagination you will immediately see the corresponding image, and you can read from a phone number.

**Binding phone number to your room.** Often there is no need to memorize the names. Sometimes it is sufficient to allocate space in a specific subject. By this way, and tied phone number. In the service station that can be hydraulically operated hoist. In the hospital - the window registry. The school - klassnal board. In the dentist's office - drill. If one day you remember more than five phone numbers, record the sequence of selected images (lift, window board). Then you will be able to return to the memorized numbers, repeat them and to fix in the memory.

**Binding phone number to the distinguishing feature.** Sometimes you need to remember phone numbers of people whose names are well known to you. For example, your friend or relative had bought a cell phone or pager. In this case, select the hallmark of occupation, hobbies or for your friend. You can also use to memorize the phone a special item that is in your friend's apartment.

**Binding phone number to name** When you do not know the person, then you can tie the phone number to his name. Encode the name of a visual image or association. If the name is encoded by two or more images (Mårtensson, "Mark" "Tilt" "Bed"), then one way this association is linked name and patronymic, and another - the phone number. If the name is encoded in one way (Smith, "Horn"), you must enter an additional way of receiving free association. For example: 'Horns', 'hooves.' One image captured a name and patronymic, on the other - the phone number.

To consolidate the new information in memory do not forget to record an additional sequence information.

**Exercises**

1. Remember consistently names and phone numbers of cinemas.

   - Vanguard: 394 25 16
   - Aurora: 337 26 00
   - Diamond: 952 31 13
   - Altai: 350 34 90
   - Angara: 110-77-60
   - Arctic: 184 27 33
   - Ashgabat: 315 12 72
   - Baykal: 153 77 94
   - Baikonur: 404 53 14
   - Baku: 151 34 48
   - Baltika: 493-43-31
   - Barricades: 252 06 80
   - Birch: 301 90 83
   - Biryusinka: 383 58 88
   - Brest: 141 64 46
   - Budapest: 405 99 00
   - Warsaw: 150-44-81
   - Vityaz: 336 55 77
   - Beijing: 309 54 35
   - Volga: 485-51-11
Volgograd 376 00 09
East 196 69 14
Sunrise 171-43-70
Meeting 975 36 89
Pennant 09 184-41
Height 172-78-51
Havana 281-94-64
Horizon 246 06 15
Friendship 943-41-81
Yenisei 163 82 33
Yerevan 489-51-44
Zaryadye 298 56 92
Star 227 87 56
Star 133-96-00
Illusion 915 43 53
Spark 976 14 44
Kazakhstan 83 433-41
Kerch 326 54 82
Kiev 249 16 24
Kyrgyzstan 301-45-42

2. Mentally repeat the reference images for storing phone numbers in alphabetical order.

3. Remember phone numbers in alphabetical order (reading of information - Consistent, as in the table).

The firm "Siast" 125 52 - 15
The firm "Enker" 235 89 - 35
The company "Regent" 927 52 - 07
The firm "February" 194 74 - 15
"Omicron" 265 71 - 37
"Condor" 261-64-49
"Dekrum" 958 88 62
"Agama" 264 30 73
"Care" 27 576-31
"Nekton" 216 12 75
"Vneshtechnika" 210 72 - 60
"Murtuz" 290-31 39
"Transbytservis" 197 56 - 10
Shop "Archer" 206 80 - 34
"Gaba-project" 291-40-53
"Hermes-Komers" 273 86 - 79
"Boich" 366 53 - 14
The company "EAST" 975 50 83
"Laura" 291 31 63
"Storm, LTD" 236 60 98
The company "The Seagull" 119-99-36
"YIT-Yuhtyumya" 230 04 65
"Paninter" 236 83 - 76
"Elm, Ltd." 490 67 98
"Globe" 976 20 36
School rac. Reading 249 99 84
**Homework**


```
05 89 37 17 86 31 93 15 45 07
28 62 83 70 03 78 43 00 99 26
71 46 90 61 91 54 51 66 34 55
85 92 23 94 24 11 74 96 97 08
63 72 47 16 84 32 95 20 50 39
29 02 52 77 38 67 09 58 75 14
73 87 10 41 19 65 68 44 01 69
18 64 82 30 59 33 48 76 80 49
88 36 53 25 79 06 35 56 40 81
22 98 04 60 12 42 21 13 57 27
```

2. Remember the word technique "Chain".

SATELLITE POINTS FINGER LAKE TIE MONK yolk GLOBE MASTER PRINT WHEEL STONE CRYSTAL Solitaire FLAG BUILDING FOLDER ICON HAIR APPLIANCE GLASS LENS DOME CARPET BALL SCREW CHESS SQUARE CHAIR CELL TOWER CLOUD MASK CROW GRASS BELL STAR ICON stub BARAN

3. Remember the numbers for serial numbers. Form the Association reception "Matryoshka" (not to be confused with the serial numbers of memorizing numbers).

```
1. 72 2. 74 3. 23 4. 92 5. 16 6. 84
7. 32 8. 26 9. 38 10. 99 11. 90 12. 30
13. 26 14. 91 15. 20 16. 90 17. 92 18. 47
19.48 20.41 21.11 22.21 2.23 24.11
25. 63 26. 95 27. 68 28. 60 29. 10 30. 20
31. 13 32. 91 33. 64 34. 32 35. 22 36. 28
37. 99 38. 74 39. 61 40. 09 41. 17 42. 27
43. 58 44. 74 45. 40 46. 00 47. 16 48. 34
49. 92 50. 62 51. 21 52. 44 53. 63 54. 38
55. 49 56. 65 57. 81 58. 87 59. 11 60. 49
61. 26 62. 62 63. 35 64. 67 65. 61 66. 64
67. 58 68. 13 69. 38 70. 12 71. 47 72. 84
```
Lesson 9

44. Remembering encyclopedic information

Encyclopedic information to memorize difficult than anecdotes, but lighter than a coherent text material. In contrast to the jokes in the encyclopedic information - small fragments of text material - contains accurate information. Strange as it seems, the more accurate information in the text material, the better he can be remembered by associative techniques. Contained in the text of accurate information are stored with the images formed by a chain of images in memory are a kind of hints on which text can be reproduced almost by heart.

Established the methodology for assessing the success of the recall criterion admits a paraphrase of the text with certain words replaced by synonyms or some permutation of words and sentences (paraphrase his own words). To prevent violations of the logic of the text (sequence of presentation of paragraphs), as well as skipping, and distortion of sequence of accurate information in each paragraph.

Encyclopedic information stored like jokes (see the method of data compression). However, in this case it is necessary especially to remember all the names, the names and numbers contained in the passage.

Consider storing equipment in the following example:

"Lynn Cox, nineteen-year-student University of California, set a record: for the hour and two minutes, despite the icy water, she overcame the Strait of Magellan (its width - 3.3 kilometers)."

As for remembering jokes, we highlight the passage of the semantic support (A phrase or a phrase). This support should be as concise and informative. Its function - to remind us about the content of a paragraph, this paragraph in order to distinguish from the others. We distinguish semantic support in the form of a "record on the water."
Facilitate the selection of meaningful supports, you can use a little trick. Imagine that you're an editor at a publishing company and you need to think of a name to this passage of text. The name usually reflects the essence - no more and no less. It just reminds you in the future, as this passage of text.

Semantic support, we can not remember using the techniques of mnemonics. So call it a word-image, which can easily be represented mentally in a clear visual representation. In this case, fits the image of "medal". (Indeed, the record holder is usually handed a medal). Selecting semantic support and letting its simple visual image, we compress the data produced from a paragraph to the image.

But then when you play as information re-expand to its original form? It's easy to do, but on condition that you, yourself, personally produced compression of the information.

After several passages highlighted words, images, these images are stored sequentially receiving "Matryoshka". Now, unwinding in the memory of the sequence of associations, meaning it is easy to recover and support their own words to retell the content of passages. The first condition is satisfied memorization of texts. We can reproduce exactly the sequence of individual paragraphs.

Now you must perform the second condition - remember the exact information of each piece of text. It's easy if you are able to encode confident enough to name names and numerical data into visual images. Consider memorizing the exact piece of text information on the case.

For the reference image to which we will "knit" accurate information, we take the verbal support. In this excerpt - it's "Medal". The place in this manner, where you have established the association (memorize sequence of words, images) can not touch. Select another podobraz and start receiving consistently "Chain" bind other images that you remember during encode accurate information. "Medal of coke weight range of needle ice castle cake magic wand."

For those who have learned to "knit" chain of associations, remember this associative chain - simple (this is first class stuff). Remember the following sequence of images: "Medal of coke weight range of needle ice castle cake magic wand."

Such a way of remembering seems unusual and complex. Of course, you need a little training. After some practice you can easily play with dozens of paragraphs almost word for word accurate information. After all, the chain does not allow images to confuse even the sequence of precise data in a memory you passage.

Experience shows that the coding of images and create a visual memory of the cribs just does not present difficulties for students GMS ®.

**Difficulties arise in the operation of the selection of semantic support in the text passage** (Assigning the name of the text passage). Pay attention to it.

How long have minded way information is stored in memory? It depends on the frequency of its activation. In any case, student will have time to retell the text by heart and get his top five. Without the mental repetition may be lost from memory the exact sequence of the text. However, recall "in recognition", ie answers to the questions, perhaps in a long time.

Consider the scheme of remembering factual information from encyclopedic texts.
Vertical connection - a sequence of verbal supports (reception "Matryoshka"). Horizontal communication - a sequence of precise information in each paragraph.
In each paragraph of text material may be different amounts of accurate information. Consequently, associative chains will contain a different number of images.

In the retelling of information is important not to lose sight of the sequence formed by association, to constantly monitor visual images.

45. Isolation of figurative codes

When memorizing a sequence of accurate information in a passage of text material is often figurative codes, such as two-digit numbers, three digit numbers, names of continents and countries. The same figurative codes are often repeated in different text passages. And if the shape code included in the sequence of stored images, then each subsequent communication with the figurative code will erase the previous association.

To memorize the exact information was reliable isolation method used figurative codes. Technically, this is done taking the return, which is a combination of reception "Chain" and receive education associations with the different parts of one image.

Accurate information is a piece of text stored reception "Chain", but only occurs shaped code, he is remembered not consistent with the previous way, but in one part of the previous image.

Figurative codes are isolated from the rest of the images of the chain. They are fixed on podobrazah previous images. However, with the very figurative codes associations are formed.
46. Ring chain

When a single passage of text material contains a lot of precise information, it makes sense to finish the sequence in the manner with which it began. Then, looking at images of accurate information to the end, you are returned to the image designating sequence passages of text or paragraphs of text. »- Otherwise, the retelling of text material may pause associated with the loss of the vertical sequence of images indicating the paragraphs.

We generalize the basic techniques of storing text information. Each paragraph is indicated manner. The sequence of these images is fixed reception "Matryoshka". The sequence of accurate information in each paragraph is remembered receiving "Chain" with the reception of isolation figurative codes and ring chains.

As a result, textual material is stored as a separate block of information. Different blocks are fixed on the well-fixed in the memory of the sequence of reference images of the first image of the text block that is logically separated from the name of the text.

47. Remembering mixed tables

Mixed-called tables, which are collected text and numerical data, ie any names and their numerical characteristics. Mixed tables are very often found in textbooks. Their lot in physics, geography, economics, mathematics and other academic disciplines.

Along with mixed tables also distinguish between text and numeric tables. For example:

<table>
<thead>
<tr>
<th>Name</th>
<th>Mainland</th>
<th>Height (m)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Angel</td>
<td>South America</td>
<td>1054</td>
</tr>
<tr>
<td>Tugela</td>
<td>Africa</td>
<td>933</td>
</tr>
<tr>
<td>Yosemite</td>
<td>Severnaya America</td>
<td>727.5</td>
</tr>
</tbody>
</table>

Tables are stored in the following way:

1. Encode a visual image of the table name ("Waterfall"). This will be the reference image, which brings together all the other images of the table.
2. Put in the name of the images of waterfalls. One name can be designated as one way, and the association. If the name is encoded into the image of the association, select it in the base (Angel "Angel"; Tugela "The native gel," etc.).
3. Remember taking "Matryoshka" name falls on the basics of associations.
4. The first image of a chain of waterfalls titles tie an associative link to the name of the table ("Angel Falls").
5. Next memorization techniques to different parts of the image remember all the other information from the table: "Angel sun umbrella fire oven" (enter code shape in South America, 10, 54 shaped double-digit codes).

48. Memorizing numbers with commas

To memorize the numbers with commas, that are very common in the tables and other information, you can apply a simple rule. Image in which
coded number, standing before a comma, visualize upside down. Example: 39.44. Association - "On the upside anchor scarecrow."

If any image can not turn, take him upright for the usual number, and the horizontal for a number with a comma.

You can also insert an additional association demarcative image like the sound of the word "comma", "Snout", "heel", "Spot", "wrist".

Measures of length, weight and other similar information stored as mixed tables. Verst 1066.8 m. The Association: "On the bench fire, overturned an awl and willow" (the images are stored on different numbers podobrazy image of the "Bench").

On the units (meters, centimeters, kilometers), create a figurative codes. For example: "Broom," "Ruler," "Road column."

**Exercises**

1. Remember the following information by preserving the sequence of each paragraph and accurate information.

   In the U.S., published a book containing specially selected producers of interesting facts. Here are some excerpts from the book.

   "Raindrop contains medium-sized 600000000000000000000 atoms (20 zeros).

   In Britain, the sort derived chrysanthemums, smelling of violets. Now work is underway to create a variety of violets, chrysanthemums smell.

   When a person sneezes, the germs fly out of his nose at a speed of 45.5 meters per second.

   The company "Parker", which produces pens, said that when writing a single word of medium length feather wear in the amount of 0.00087 cents.

   One glass of milk contains a hippo 80 calories.

   Eight most frequently used words in American advertising (in descending order of frequency of occurrence): you, good, wonderful, best, finest, best, effective, natural.

   The hearing aid does not take a turtle frequencies above 200 Hz, so pointless to play in front of the turtle music played on a flute or violin.

   In San Francisco, released a new men's cologne with the smell of brand new "Cadillac."

2. Remember the following information to the conservation of their sequence and all the correct information.

   The largest collection of postcards Czechoslovakia belongs to Dr. Kochende living in the city Bučovice in Southern Moravia. For 50 years he has collected more than 2.2 million cards. More than 1.3 million exhibits devoted to types of cities and landscapes, the other greeting cards, reproductions of works of art, images of flowers.

   Austrian biologist Harold Schweiger found in Yugoslavia, the largest in Europe, the earthworm. Representatives of this new species have a length to 752 millimeters, the thickness of 2-2.5 inches, live in the soil between the rocks at a depth of 4-5 meters. But the Yugoslav champion, far from Australia: in Australia there are earthworms up to three meters and a thickness 4-5 cm.

   Omniscient statistics recorded in 1977 in New York, 24 712 cases of people being bitten, of which 22 076 cases, the person bitten by a dog in 1152 - a cat in the 892 - another person in 548 - a variety of rodents, mainly rats, in 40 cases - rabbits, three - lions, in one case - the anteater. Data for 1984 are less complete,
indicated only that dogs bite people 10,659 times and the people of their fellow citizens - 1593 times.

Fortunate enough to make a rare discovery scientist, University of Cologne (Germany). In the district of Hamelin, they found in a gravel pit a huge petrified oak almost two meters in diameter, which is believed to have grown here in the sixth millennium BC. Giant lived to 178 years. In the same quarry was another 250 oak barrels with a seventh period to the second millennium BC. These findings allow valuable by studying the thickness of tree rings to determine what was the climate of those distant times.

3. Remember the table.

The largest waterfalls in the world

<table>
<thead>
<tr>
<th>Name</th>
<th>Country</th>
<th>Height</th>
</tr>
</thead>
<tbody>
<tr>
<td>Angel</td>
<td>South America</td>
<td>1054</td>
</tr>
<tr>
<td>Tugela</td>
<td>Africa</td>
<td>933</td>
</tr>
<tr>
<td>Yosemite</td>
<td>North America</td>
<td>727.5</td>
</tr>
<tr>
<td>Utigard</td>
<td>Eurasia</td>
<td>610</td>
</tr>
<tr>
<td>Sutherland</td>
<td>Oceania</td>
<td>580</td>
</tr>
<tr>
<td>Victoria</td>
<td>Africa</td>
<td>120</td>
</tr>
<tr>
<td>Iguazu</td>
<td>South America</td>
<td>72</td>
</tr>
<tr>
<td>Boyoma</td>
<td>Africa</td>
<td>60</td>
</tr>
<tr>
<td>Niagara</td>
<td>North America</td>
<td>51</td>
</tr>
</tbody>
</table>

4. Remember the table.

Planets of solar system

<table>
<thead>
<tr>
<th>Name</th>
<th>Distance (AU)</th>
<th>Period (Earth year)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mercury</td>
<td>0,387</td>
<td>0,24</td>
</tr>
<tr>
<td>Venus</td>
<td>0,7230,62</td>
<td></td>
</tr>
<tr>
<td>Land</td>
<td>1,0001,00</td>
<td></td>
</tr>
<tr>
<td>Mars</td>
<td>1,5241,88</td>
<td></td>
</tr>
<tr>
<td>Jupiter</td>
<td>5,20311,86</td>
<td></td>
</tr>
<tr>
<td>Saturn</td>
<td>9,53929,46</td>
<td></td>
</tr>
<tr>
<td>Uranus</td>
<td>19,1884,02</td>
<td></td>
</tr>
<tr>
<td>Neptune</td>
<td>30,07164,52</td>
<td></td>
</tr>
<tr>
<td>Pluto</td>
<td>39,44247,7</td>
<td></td>
</tr>
</tbody>
</table>

Primechanie.1 AU = 149 600 000 km au astronomical unit.

5. Remember the table.

The old Russian measure of length

Verst 1066.8 m
Homework

1. Remember encyclopedic information.

According to Polish statistics, over 68 years of life the average Pole spends shaving 91,250 minutes, that is 63.4 days. Dressing and undressing takes 523 days, and at the table Pole spends 1046 days and 16 hours.

According to published UK official statistics, the total number of sea and river vessels in Scotland and in Wales than the population of these parts of the country.

To find out exactly how much damage can cause a rat in an American department store had the original experience. Rats there was complete freedom of action. Within two months of such a free life destroyed or rat resulted in disrepair in 1300 sacks of salt, 1724 bags of coffee, 14 tons of flour and sugar sink 200.

In the Polish city of Szczecin, recently organized a contest for the longest and beautiful women braid. Of the 65 contenders for the prize jury chose Wanda Margulu of Stargard. The length of the spit - 144 cm. The winner took care of oblique almost twenty years.

November 27, 1978 58-year-old Frenchman Emmanuel Vitry said 10 years of his second birthday. November 27, 1968 Edmond Henri de Marseille surgeon transplanted heart he twenty soldiers. The success of transplantation Vitry explains his will to live: "For life to hang on, never thinking about the past." The chief guest at the jubilee was not present: a surgeon Henri Edmond died of heart disease.

Funniest world's phone book is published in Bermuda. Here, besides the names of customers indicated their nicknames. Thus, among the living on the islands of the Smiths can be found on the book by Smith and a weakling, Smith and Smith's Long-Lucky.

The largest waterfall of the Earth is ... under water. In the Bass Strait between Australia and Tasmania at the bottom of a rocky ledge, from which every second fall at 400 meters about 30 thousand cubic meters of water. The width of the stage - about 150 kilometers. Australian oceanographer Stuart Godfrey says that it is not only the largest waterfall on the planet, but the only underwater waterfall. However, the topography of the ocean floor is not yet fully understood.

As reported recently, the London newspaper "Times", in the Indian state of Madhya Pradesh year-old girl killed by a cobra. The girl was playing in the garden in front of their parents when out of tall grass rose to meet it head of the snake. None of the adults do not have time to take a step, and the girl threw herself on the cobra and bit her. Snake up the ghost. Terrified parents brought her daughter to the hospital, but doctors, seeing no reason to keep the girl in the hospital the same day they let her go home.

In Australia, a participant in the championship races snails at number 806 on the tartan track, raced the length 182 centimeters exactly 19 minutes ahead of all others.
Hitherto been considered that the British are in first place in the world for the consumption of tea. They drink a lot of it really: 1650 cups per person per year, or 4.5 cups per day. But now, as follows from published data in London, went ahead Irish: Ireland's per capita per year in 1724 have a cup of tea.

2. Remember the table.
   Major rivers of the world title

<table>
<thead>
<tr>
<th>Length (km)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Neil (from the Kagera) 6671</td>
</tr>
<tr>
<td>Amazon (with the Maranon) 6437</td>
</tr>
<tr>
<td>Mississippi (from Missouri) 6420</td>
</tr>
<tr>
<td>Yangtze 5800</td>
</tr>
<tr>
<td>Ob (Irtyskh with) 5410</td>
</tr>
<tr>
<td>Yellow River 4845</td>
</tr>
<tr>
<td>Mekong 4425</td>
</tr>
<tr>
<td>Cupid (with Argun) 4440</td>
</tr>
<tr>
<td>Lena 4400</td>
</tr>
<tr>
<td>Parana (against Paraguay) 4380</td>
</tr>
<tr>
<td>Congo (with Lualaba) 4320</td>
</tr>
<tr>
<td>Mackenzie 4250</td>
</tr>
<tr>
<td>Niger 4160</td>
</tr>
<tr>
<td>Yenisei 4102</td>
</tr>
<tr>
<td>Murray (with Darling) 3750</td>
</tr>
<tr>
<td>Volga 3530</td>
</tr>
</tbody>
</table>

3. Remember the table.
   Measure the mass of

   | 1 berkovets | 163.8 kg |
   | 1 pounds | 16.38 kg |
   | 1 pound | 409.5 g |
   | 1 lot | 12.80 g |
   | 1 spool | 4.266 g |
   | 1 share | 44.43 mg |

**Lesson 10**
At the tenth hour, you can practice to memorize information about a group of people. Memorize information about the person you're on the trail yuschey scheme (Scheme remember - any):

- Hallmark
- Surname and name
- Address
- Telephone number
- Pager phone number of the operator
- Car number number
- Date of Birth
- Occupation
- The code in the entrance

You already know how to store each type of information provided, except for addresses and phone numbers of cars. Addresses and numbers of vehicles are stored as other data on the general scheme. Consider storing this information in detail.

**49. Memorizing Address**

The full address includes the street name, house number, building and apartment number. Since in the memorization of numerical data you are using figurative codes, therefore, these images can not be attributed to the association. Therefore, the numbers included in the address, as well as the number of telephone numbers stored in a different way of recording techniques for different parts of it. Take, for example, any address and any reference image.

- Marine Street, Building 16, Block 3, Flat 403
- The reference image - "Ladybird"

To the reference image tie image of the street name. For example, it will be "Anchor". We form an association: "Ladybird anchor." Now go back to the image "Anchor" and select it as podobrazov much as we need.

**50. Memorizing numbers of cars**
"House" and "Kit" two-digit numbers. And if the two associations of two-digit numbers, and this association is the number of cars, so it is a room with two numbers and letters before the end.

51. Remembering the block information about a person

In order to remember pieces of information it is best to remember to pre-prepared reference images. How to do it quickly? With the acceptance of free association.

Suppose we have a man with a distinctive sign of "Mike" (maybe a picture you saw it in a nice shirt). Associate with this hallmark, the selected method of Cicero.

"Mat at the door t-shirt." Now you can easily find the first image in the memory unit.

On the image of the "Mike" (in its various podobrazy), we write first and last name: Lasse "Lasso" Viren "Varan".

From the image of the "Mike" build a chain of free associations (in the quantities that we need). These images can be prepared in advance, but you can get out of memory in the course of remembering.

Mike is from memory image of the "shorts". Attached to this image of a street name: Mosfilmovskaya. The image denoting the street, remember the house number (16) and apartment number (33).

Shorts cause of the memory image of the "Sneakers". Select this image and write three podobraza them a phone number, "Trough ace ax" (392-27-25).

Shoes can cause the memory image of the treadmill. We distinguish in it three podobraza "grass", "white strip", "pebbles". We write these images to the phone number of the operator paging company: "Sweet piala spirits" (308-56 - 23).

On a treadmill you've ever seen a barrier (to run with obstacles). On this record the image number: "Shower mug" (26-653).

Similarly, other information is stored. Please note the following features.

Address originally associated in the association and then tied to a reference image.

Telephone numbers are written directly on the reference image, the resulting technique of free association.

Number of different dates of birth are stored figurative codes.

Number containing an odd number of digits can be stored in different combinations of images. For example: 860-97 ("shuttle", "Rosa"), 86-097 ("fork", "Mars").

The general scheme of storing the following:

Select features and associate it with a reference to read (the method Cicero).

Distinguishing feature of the "roll out" a sequence of free associations. By repeating the operation to apply the "Modify images"

"The transformation of images."

Formed on a sequence of reference images stored the information.
At each reference image information is recorded taking education association with parts of the reference image. Ten reference images selected by Cicero, ten small easily remembered pieces of information. Total 100 items (10 per person). Of course, the types of stored data, their number and the order you define yourself.

**Exercises**

1. Remember taking a sequence of words "Matryoshka".

   DRAGONFLY DEER ROLLER ICON Turtleneck Radish HORSE STORE LOCATOR SCALPEL COMPUTER SCREWDRIVER Ink CAT FRAME CENTER Roll Pins Tube Rod HRACH RADIO DRUM HORSE LADDER Answer System LAC ROYALE SCREEN FISH Trombone DZHINSOVKA

2. Remember the numbers on a chain of images from the first exercise. In each image select three podobraza. Every podobrazom tie one-digit number.

   98 67 46  13 23 37  34 55 02  19 74 29
   03 26 75  14 23 85  18 25 63  01 14 35
   75 44 23  55 84 78  16 29 43  12 77 53
   15 31 29  12 91 14  06 44 95  16 82 20
   62 87 40  89 26 75  04 35 78  71 12 40
   24 99 57  64 68 97  15 50 08  34 83 79
   43 57 80  21 85 33  40 54 03  22 55 96
   76 28 07  64 86 33  45 02 59  38 28 47

3. Remember blocks of information about people.

   Hallmark "Mike" last name, first name, middle name Lasse 
   Viren Address Mosfilmovskaya 16 33 
   Phone 392 27 25 
   Phone Pager 308 56 23 
   Number 26 653 
   License plate 596 W Ave 
   Date of birth 1950.01.28 
   Profession mechanic 
   The code in the entrance 704 

   Hallmark "Bald head" Last name, first name Nicholas Vilonov 
   Address Street Marine, 16, 3403 
   Phone 296 50 12 
   Phone Pager 520 46 07 
   Number 86 097 
   License plate 20 32 MMN
Born 1935.09.18
Profession woodworker
The code in the entryway 280

The hallmark of "Points" Last name, first name, Natalia Isaeva Street Address
Kosygin, 40-2
Phone 590 23 42
Phone Pager 307 09 35
Number 90 620
Car number 723 rp m
Born 1960.02.17
Profession Journalist
The code in the entryway 364

The hallmark of "Jumper" Last name, first name
Anastasia Svetlov Address Street Ostrovsky,
02.24.19
Phone 793 April 10
Phone Pager 563 95 48
Number 272 902
Number of the car to 197 mn
Born 1949.03. 14
Job mannequin
The code in the entryway 625

The hallmark of "Lush mustache" Last name, first name George Lugansk Address Street
Festival, 3100
Phone 376 13-29
Phone Pager 726 17 61
Number 365 836
Car number 13 46 VED Born
1921 .04.30
Job security guard
The code in the entryway 860
The hallmark of "The scar on his cheek," Last Name, First Name, Address, Vladislav Kireev
Pyreva Street, 69-5-96
Phone 560 37 74
Phone Pager 726 29 56
Number 861 563
Car number 326 m ck
Date of Birth 1 965.04.2 1
Job cabbie
The code in the entryway 366

The hallmark of "lame" Last Name, First Name, Address Burkin Victor Tverskaya
Street, 59 195
Phone 463 51 20
Phone Pager 703 91 06
Number 369 596
Car number 367 m br
Born 1970.09.23
Occupation student
The code in the entryway 063

**Homework**

1. Remember encyclopedic information while maintaining their consistency and all the correct information.

Topaz, weighing 117 kilograms was found in Brazil and is currently exhibited in the Vienna Museum of Natural History. But this is not the biggest topaz in the world. In the New York Museum of Natural History is, for example, topaz, weighing 270.3 kilograms, also found in Brazil.

Car-helicopter - one of the models that generated the greatest interest in the competition of young modelers in Germany. The model is made of wood, its weight - 18 pounds, rotor diameter - 160 cm. On the ground, its speed - 10-12 mph, and in the air - up to 60.

The Eiffel Tower has recently been repaired. The scaffolding was erected at a height of 200 meters between the second and third tiers of the tower. To mount the forest had to lift up 40 tons of iron (skeleton forests), 70 tons of items and a hundred cubic meters of scaffolding planks.

Japanese astronomer H. Mori opened the night, October 5, 1975 a new comet. This would be nothing particularly surprising if after an hour he had not seen another one, a few more bright new comet. Mori became the first astronomer who was lucky twice in one night.
Remember the following information, pre-split it into several logically closed passages.

A Terel Jean joined the French army in the seventeenth century, and retired in the nineteenth. It seems incredible, he served in the Army for three centuries, so how many years he lived? Not so little, but not three hundred, as it may seem. Jean was born in Dijon Terel in 1684, joined the army of sixteen, in 1699, at the end of the century. Participated in more than a hundred battles. In 1777, when he was 93, King Louis XIV granted the old campaigner rank of captain. In 1802 (Terel was already 118 years) learned about him by Napoleon. Contrary to the reluctance of the veteran, he fired him in honorable retirement, appointing an annual pension of 1500 francs. Terel Jean died in 1807, one hundred and twenty-third year of life.

2. Remember the date techniques of memorization of historical dates.

1847 Levitsky designed camera with bellows
1855 Maxwell developed the theory of color and additive color mixing
1880 Abney applied hydroquinone as developing agent
1888 Eastman founded and began producing cameras for roll film
1920 Shilov obtained patents for Processing machines for processing roll films
1935 The firm "Kodak" produced color reversal film "Kodahrom"

3. Remember the international telephone codes. (The order of set: 8 beep 10 country code city called the phone number.)

**Australia** (61) Canberra (62) Melbourne (3) Sydney (2)
**Austria** (43) Vienna (1) Graz (316) Innsbruck (5222) Linz (732) Salzburg (662)
**Argentina** (54) Buenos Aires (1) Cordova (51) Santa Fe (42)
**Belgium** (32) Antwerpen (3) Bruges (50) Brussels (2) Rent (91) Liege (41)

Lesson 11

52. Remembering information from text

It is a small amount of text in the range of 1-3 typewritten pages within the section or a school textbook. Information from texts memorized by a method similar memorization technique encyclopedic information.

Memorize connected text is more complex than some logically complete text passages. The main difficulty in remembering a coherent text involves the separation of the text is logically separate passages. Unfortunately, some students it is difficult to identify the consistent development of the author, making it very difficult remembering.

The first task in developing the skills of memorization of texts is a division of the text to logically complete excerpts. This will allow you to memorize texts known
way - separation of semantic support, the designation of the word, a way of remembering and remembering verbal supports all the accurate information separately in each selected passage.

The first image, which will bind all the other images take an image that indicates the name of the text.

We analyze the technique of memorization of texts as an example of text "Cash Registers".

**Cash Registers**

(1) Cash register, which is used now in all shops and catering facilities, invented in 1878 Sal, the ownermand City of Dayton in the United States James Ritty. (2) Moreover, the idea of the apparatus, registering the amount received by the seller money, he came on board when he sailed to Europe. (3) To pass Ritty went into the engine separated, for hours watching the action mechanisms. His attention was attracted counter screw turns. He understood that on the basis of this device can make a device that when you press the numbered receipt will print, write to control tape and proceeds to summarize a day.

(4) 1879 he patented his invention and gave him the name "Nepodkinny cashier Ritty", and began to produce primitive fund. (5) Trade was bad. Owners of shops and cafes do not understand why, in fact, need this machine.

(6) ticket spread only after the law on their production became the inventor of a talented businessman John Patterson. He founded the company "Neyshenal cache's Register", and 1910 tinkled, the fund became a fixture of trade.

(7) commutesovazhery the company went to the shops and stores, the owners explaining that the inclusion of the money in cash, which prints a check and a copy of it on a test strip virtually eliminates determiner dishonest salesmen. (8) It is interesting that the salesmen, anxious for the sources of the "Left" of income, are often not admitted to the master salesman. Then the firm's engineers have developed a demonstration of cash, fits in a briefcase, a messenger with whom Patterson did not demaskiruya themselves, travel straight to the office owner.

(9) Patterson first proposed some methods of advertising, and is now applied, for example, Mailing in advertising by mail to personal addresses potential buyers.

(10) Yet what else 45 years ago fund firm "cache Neyshenal's Register" from the Russian word "National", made specially for Russia before the Revolution, it was possible to see in our stores.

1. Dividing text for logically complete passages and write their numbers.
2. We select from each passage meaningful support, that is, assign each selected fragment name:
   "Inventor of the cash register";
   "Illumination";
   "Engine Room";
   "Obtaining a patent";
   "The difficulties of implementation";
   "Business is also an art";
   "Personal ads";
"Resistance to staff";
"Methods of Advertising";
"Cash in Russian shops."

3. Each semantic prop denote verbal support (specific visual image):
"Man";
"Flashbulb";
"Engine";
"Sheet of paper";
"The mountain of cash registers";
"A stack of money";
"Trade stall";
"The sign" Stop ";
"Mailbox";
"The Russian flag."

After that, we remember the sequence of selected images. The first image of the chain bind to the image, is the name of the text ("Cash").
Now you can retell the text in your own words with strict observance of the sequence of paragraphs, but without accurate information.
For each image, designating an excerpt of the text, tie series images, the resulting coding accurate information.
Cass.

**Man** - knitted sweater - salad moon - day - Thonar - James Bond - Metronome (Rhythm).

**Flashbulb** - steamboat - a symbol of Europe.

**Engine** - counter - the screw - paper tape - a badge "plus".

**A sheet of paper** - "Viola" cheese - a symbol of integrity - a symbol of primitive (Worm).

**Mountain of cash registers** - a mask of surprise.

**A bundle of money** - *John* Lennon (he points) - the phonograph - thermos - sleep (pillow) - *IR (sozv.)* - *argamak* (910).

**Trade stall** - handcuffs.

**The sign "Stop"** - small suitcase.

**Mailbox**.

**Russian flag** - chip (45) - hotel "National" - red flag (917).

Stored on the system of images, you can tell hint information from the text almost verbatim. Of course, all operations on the allocation of meaning and verbal supports, and their imprint is better to own.
This method of memorizing is justified when necessary to accurately remember a small amount of textual material to play it for hours. This technique can be used to store the actual
material of the sections of the textbook or in preparation for short oral presentations. If you use an active method of repetition, the text will be stored in memory for a long time and will remember with little or no visual images.

If a person has even formed the initial coding skills and education associations, the technique of memorization does not usually cause problems. Of course, like any other technology, it must be tested on some number of texts.

53. Remembering the constants

Very often, the study of physics, mathematics, chemistry, and solving problems in these subjects in the formulas there are various factors are constants. Need to always use reference books and search the data in the book detracts from solving problems and time consuming. Meanwhile, the constants easily and securely stored mnemonics techniques. Consider the example of the technique of memorization.

Gravitational constant
\[ G = 6.67 \cdot 10^{-11} \text{ m}^3/\text{kg} \cdot \text{c}^2 \]

Denote the gravitational constant in some way, that reminds of this magnitude. Let this be a "Globe". Then successively written on the image for further details. The drive letter for the gravitational constant should visualize against the background of the globe (or, better mentally write the letter on the globe, see "Receiving a mental drawing"). So how do we remember the figurative codes (symbols of equality, multiplication, division, number, etc.), care must be taken to figurative codes are not in contact in association with each other. To do this in the reference image to identify the maximum number of podobrazov, and if it is not enough, add to the image of any image, obtained admission free association.

Distinguish in the image of the "Globe" several parts: the "North Pole", "Angled holder," "South Pole", "Stand." Equal sign and a comma in the number you can not remember, since the equation assumes a constant in all the commas are always after the first digit. Us to remember is only a few images: "Gateway" (667), "Scissors" (multiplication), "Pencil" (minus) "Fire" (10). We tie these associations to the selected images on the image of "Globe" podobrazam.

From this information, be converted into images the following signs (Rest irrelevant):
\[ G \quad 667 - 11 \]

In such a compact form of accurate information can be stored in memory for many years, if they at least sometimes used. The letters that follow a constant, remember to different parts of the additional image obtained reception of free association. Thus, for the image of the "Globe" as follows can be
"Teacher's desk." Units of measurement (meters, kilograms, seconds, etc.)

figurative codes are assigned.

Exercises

1. Exercise "senseless monologue" (see the psycho-exercise).
2. Exercise "Theme monologue" (see the psycho-exercise).
3. Parsing, memorization and recall of text "Cash Registers".
4. Remember the physical constants, to facilitate the memorized information. For the serial recall and remember the sequence of these constants.

The rest mass of the proton
mp = 1.672 • 10-27 kg

Acceleration of free fall
g = 9.81 m/s2

Gravitational constant
G = 6.67 • 10-11 m3/kg • c2

Avogadro constant
NA = 6.02 • 10 23mol-1

Molar gas constant
R = 8.31 J / (K • mol)

Boltzmann constant k = 1.38 • 10-23Dzh / K

Elementary charge
e = 1.60 • 10-19Kl

The rest mass of an electron
ME = 9.11 • 10-31kg

5. Remember the table.

<table>
<thead>
<tr>
<th>Nitrogen</th>
<th>-47</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hydrogen</td>
<td>-240</td>
</tr>
<tr>
<td>Helium</td>
<td>-268</td>
</tr>
<tr>
<td>Oxygen</td>
<td>-118</td>
</tr>
<tr>
<td>Mercury1460</td>
<td></td>
</tr>
<tr>
<td>Chlorine</td>
<td>146</td>
</tr>
<tr>
<td>Ether</td>
<td>194</td>
</tr>
</tbody>
</table>

Homework

1. Remember the text by highlighting it logically complete part. Remembering the sequence to be allocated your semantic units, as well as the entire text of accurate information. Under these conditions it is possible to repeat the test in their own words.

**The benefits of mulberry**

**MD, professor and doctor Turov, E. Sapozhnikov**

In southern areas by one of the most popular species is the mulberry or here.

Berries are tasty, sugar-free up to 10 percent (white - 20) mainly fructose and glucose, organic acids (malic, citric), pectin, vitamins, salt, copper and iron. The latter is particularly a lot of black fruit.
The people used dried leaves of mulberry: they crushed into powder and sprinkled on food - cheese, salad on half a teaspoon 1-2 times a day. And take the decoction of young branches. They are cut into pieces of 2-3 cm and dried in the shade. To prepare the broth 03.04 a piece shipped with two glasses of water, bring to a boil, boil for 10 minutes, insist 2 hours. Take a quarter cup per day in divided doses. The course of treatment for 3-4 weeks, a second course of treatment is carried out after two-week break.

Infusion of mulberries are used for rinsing the mouth with angina and stomatitis.

The infusion of dried berries prepared as follows: two tablespoons of crushed berries, pour a glass of boiled water, 4 hours, strain, drink during the day fractional portions (for diabetics), given the doctor's permission of fluids. After receiving infusions of mulberry not recommend drinking regular tea, as its tannins are precipitated by the nutrients mulberries, and converting them into insoluble compounds.

For long term storage of squeezed juice is evaporated to the consistency of thick syrup (up to one third its original volume). This syrup is called bekmes (dushab). It tastes good and keeps all curative properties of mulberries.

Waste after juice extraction is dried and subsequently used to prepare infusions, as well as berries.

Fresh pulp of mulberry leaves to ferment and then used externally for poultices and baths for diseases of the joints and neuralgia. For patients with diabetes berries preserved in a thick compote sugar-free.

Under the above diseases mulberry can only adjunct, not replace medication prescribed by the attending doctor.

Mulberries are used in the food industry for making beverages, vinegar, jellies, pastes, jams, compotes. The peoples of Central Asia, mulberries - Fresh and dried - used sugar substitute. Pomace from fruit cakes baked mulberry, which can be stored for a long time.

Lesson 12

54. Remembering the exact details of the training material

In this lesson we will analyze the overall strategy of memorizing the training material. Memorize the contents of the textbook, memorizing his heart every paragraph, it is very difficult.
The teaching material in general can be stored in different ways. Which way will you apply depends on the structure of a specific textbook. Often, when memorizing a textbook is necessary to use different ways of remembering. Of course, the teaching material should remember gradually during the school year, rather than storm it the night before an exam. Here no mnemonics will not help.

When memorizing textbooks, containing small amounts of paragraphs, it is better to rely on the contents. Content can remember very well (with the numbers of sections and pages on which they are). The names of each section are linked images that recall the contents of subsection. Exact details of each subsection are stored by individual small blocks. Each unit is fixed on the image of the relevant sub-section. This method of storing educational material, we will call the "memory-based table of contents."

In more complex books for university academic material is organized in a different way. They have, as a rule, do not contain separate short paragraphs. The material presented large volumes. In specialized books can be divided into two main types of presentation of educational material. First - is a statement based on the sequence of terms, the second - on the basis of the structure of concepts. Accordingly, in the first case, you should memorize the sequence of terms, as in the second - to fix the memory hierarchy of concepts.

In this connection it is necessary to introduce the concept of filling the structure. Since the associative methods of literally remember course material is impossible, then his statement (paraphrase) is based on recorded in the memory key, key points. When the memory has a structure, it is filled with improvised retelling of any information that you will remember on the subject. This may be accurate information, you captured separately. This may be information you heard a lecture from a teacher or read the textbook and secondary literature. This may be your own thoughts on the subject, analysis and comparison of some of the provisions of Section textbook with those of other literature. In other words, memorizing the structure of educational material and then filling it, you get an opportunity to think and analyze what is even better than usual retelling.

Many teachers are making of their students is the ability to analyze and synthesize course material, generate their own thoughts on a particular topic. They reasonably believe that the exercise of such abilities in answering the exam shows a thorough understanding of the subject student.

Outlined in this lesson, some simple memorization techniques can not simply memorize the course material, but also give you the opportunity for analysis and synthesis. You will be able to respond not only to matters on which you "coached" during the school year, but at the most unexpected, unusual questions for which answers can only be representing all disciplines in general.

A side effect of a positive rational technology of memory is the appearance of interest to the student subjects. After all, it is no secret that the inability to remember accurate information from textbooks, leads to a stupor in education, when student or the student is just not accept lectures, which, as it seems, are set out in some incomprehensible language. The mechanism of interest to the subject simple. When your brain accumulates a certain number of precise information on the history, for example, any other information on this subject will unconsciously attract your attention. Available in the memory structure is similar to a sponge, which avidly absorbs any additional information. Your reaction to the well-known dates, names,
names will be approximately the same as involuntary reaction to a proper name, overheard on the street.

Let us remember what we understand by the names, terms and concepts. Name - it is Alabama, Lahore, Allahabad. When memorizing the names we remember just enough of their sound. What are Alabama, Lahore and Allahabad, and you’re so easy to remember. This state of America and India. These names are not in our minds no figurative equivalent. It's just a name. It is quite another term. Emulsions, suspensions, herbal medicines, suppositories. Remember only one sound of these words is not enough. We must clearly know what is what and how one differs from another. When memorizing the terms to be recorded in the memory of not only their sound, but also the meaning of terms.

**Concepts** - The same terms, but, on the one hand, higher capacity, ie one concept may include multiple terms. On the other hand, the concept has always "Branch", organized in a hierarchical structure. When memorizing the concepts is not enough to know which is which. It should be clear that what is, and that from which it follows. In other words, memorization of concepts have to remember not only their meaning but also their hierarchical (structural) organization. That is stored structure concepts.

We consider important to remember the techniques of teaching material.

### 55. Education semantic links

By the way (or associations), which is encoded pronunciation of the term, added to the images that reflect the meaning of the term.

**Example.** "Beans." Remember the name you can, letting the word somewhat shaky, for example, Vibrating. To remember the meaning of the term, we must first have his description: "Beans are made gradual layering of different drugs." Phased layering in the context of zebra or similar target. Therefore, the image of "Vibro" we add "Zebra" (marking a pedestrian crossing). We get the following Association: "The Vibrating paint painted stripes." In this way we have encoded and pronunciation of a word and its meaning.

**Example.** "Liniment - Thick, jelly-like fluid for external use. " Association: "The black line is. Menthol lozenge. On the tablet is a piece of fruit jelly. Jelly sticks out a hand." To form a rational connection - this means add to the association that indicates the sound of words, images, clearly showing the following questions: "What is it?" And "What does it do?" For example, "Konik long, narrow, short box with a lid. Used in the Russian huts instead of benches, stood against the wall, it holds a variety of things, vegetables. " Association of encoding pronunciation: "A horse with infrared rays to the eyes." In this association, add additional images: "A long, narrow box with a lid and store."

In some cases, the semantic relationship can be more capacious. Example. "Zasulich - Revolutionary, made an attempt on the mayor of St. Petersburg in Trepov 1878 ". Encode the name of the association pronunciation: "Zasov, beehive, black." After that, any of the images created by the association (for example, the image of "black beehive"), add images, which encode other elements of the informational message: "At the top of the hive is phosphorus (878), middle - the swing bridge (St. Petersburg), at the bottom - the cook Ratchet (Trepov). "

Psychological interpretation of the semantic context as follows: establish a rational connection means to connect together the previously disparate images. Indeed, in the last example, we do not remember the new images, all images are familiar to us. But the combination of these images - a new one.
Of the same elements of information can get a lot of messages just by changing the relationships between these elements. Telephone number - 226-35-23, 226-23-35, 235-23-26, 223-26-35 - consist of identical elements (26, 35, 23), but all kinds of information.

Information for our brain - is communication. The brain can be compared with the designer "Lego". From a limited number of items (genetically programmed system of perception) can be an unlimited number of designs by changing the relationships between these elements.

The volume of our consciousness is limited precisely because the brain, recreating the information collected from its ready-made elements. In order to remember something else, the brain must first analyze the previous construction. Of the liberated elements can be collected, any new.

The principle of operation of human memory is a bit like the process of archiving (compression) of data in modern computers. Individual items of information are not remembered by the brain. Remembered, "Assembly scheme", i.e connection between these elements. Memory, which operates on this principle, has an almost unlimited capacity. In fact, try to count how many different designs you can pick from six parts designer, "Lego", provided that each time you disassemble the previous construction, that is, provided that at your disposal will always be all 600 parts?

Note that the mnemonics does not even consider the possibility of memorizing the individual elements of information (as it is contrary to the principles of memory). Mnemonics teaches you to create detailed "Scheme assembly" messages, a kind of "blueprint" for which information is collected. As such, any meaningful connection formed you, as they are "Scheme" by which the brain can in the future to recreate the information, for example, the same phone number.

Since the basic principle of operation of the memory seems paradoxical to many, again and again to draw your attention to the analogy of memory with the designer. Memory - this is not a warehouse ready designs. This is a "collection of drawings-ties", which are going to design a limited number of simple elements.

Triggering stimulus, triggering the generation of information (memory), the norm are the signals from the outside, the signals from internal organs, as well as genetically programmed periodic jumps of attention (the normal volatility of attention), expressed in the generation of random images, which, in turn, trigger random memories.

Mnemonics can consciously control the processes of memorization and recall. These processes are normally controlled with difficulty, and are highly dependent on external stimuli.

56. Filling structure

You already know that the entity is established in antiquity as an integral part of the rhetoric (oratory). Teacher of rhetoric was well known weaknesses of human memory:

- memory operates on the principle of associative recall and for Information need some outside stimulus, such as a leading question, the mechanisms of fixation sequence information in the brain are absent;
- accurate data (numeric information, dates, names, titles, characters) memorized by the brain with great difficulty, since such information is not in the brain visual images.
The role of mnemonics in oratory is to compensate for these very natural "imperfections" of human memory. Recitation in the classroom or on the exam can be regarded as a small public appearance, at the same time, usually in the mode of speech monologue. Psychologists distinguish between two modes of speech: dialogue and monologovy. Conversational mode is fluent in each. When a person is talking on the phone, it flows smoothly and without interruption. However, when the student goes to the board, you can see a very different picture ...

When you talk to someone, your memory will always be activated speech of another person as your speech activates the memory of your companion. In the dialogue, the interlocutors as to continuously prompt each other to talk about. But when the teacher tells you in the exam, "Well, sir, I will carefully listen to?, There is a situation where you have to ability to stimulate your memory yourself.

Ability to internal stimulation of the brain is genetically determined characteristics and study the psychology of personality, in particular the theory of temperament (Maslow). People with low internal stimulation in constant need of a powerful external activation of the brain. They tend to be noisy companies, very sociable, active interest in other people's lives, often attending concerts and discos.

People with increased internal activation of the brain, by contrast, are trying to isolate itself from the influx of external impressions, which overload the already-loaded brain. The first is called the psychology of extroverts, the second - introverts. Between these extremes there are several gradations.

Next, we consider different ways of storing educational material. In any case, when memorizing a textbook recorded in the memory key (key) points. If you paraphrase material only on the structure imaged, the answer will turn dry, boring. Your reply will only accurate information. It happens without compote of berries and fruits without compote. Both are equally bad. In the first case the answer is too general, in fact - empty. In the second case, the response resembles reading encyclopedia. Dilute the "water" clot accurate information, you can use a little extra response plan. Its very easy to remember, since such a plan consists of only a few items. The content of this plan, you define yourself.

If you answer on the "dosage forms", the response plan for each dosage form may be:

? general description of the dosage form;
? advantages of this form;
? weaknesses;
? particular application;
? Examples of specific drugs;
? Standard packaging and dosage;
? storage period.

Once you think of another dosage form, tell us about it on the plan. Then you should use in response to information not only from a textbook, but also the material of lectures, additional literature and magazines.

Availability of accurate information in memory and detailed plans for different sections for different subjects allows for comparison, analysis and synthesis of information. After all these mental operations are possible if the information is in your memory. Otherwise, there is simply nothing to compare and analyze.
For example, answering the question: "Who is Zasulich?", You think of the images: "A revolutionary, in 1878, made an attempt on the St. Petersburg mayor Trepov." And then you can see that in the same year, James Ritty, owner of the saloon from the city of Dayton in the U.S., has patented a cash register. Being able to remember the exact information, you will be able to receive new information not presented in the textbook explicitly. For example, it is interesting that the writer Tolstoy and fabulist Krylov (1769-1844) was no less famous namesakes: the Minister of Internal Affairs (with 1882 to 1889), Tolstoy and academician, shipbuilder Krylov (1863-1945). When Columbus discovered America (and thought to have landed in India), the Spanish reconquista was completed and driven out the Moors (1492).

Your brain establishes connections between facts, events and phenomena automatically, you do not need any extra effort. The only requirement for inclusion of an analytic function of the brain the availability of information in memory.

In terms of mnemonics and information are the links between events, facts, and events. Therefore, any new connections between already-known facts - this is new information. You received the new information may be included in response to the lesson or exam.

57. Education structural and semantic connections

The very name of the method suggests that in addition to remembering the meaning, there is a fix in the memory structure of concepts.

The structure consists of a set of concepts of sequences of terms. Sequences themselves can share and branch.

The beginning of each such chain is fixed by Cicero. A "tee" providing a fork, is welcome to remember the different parts of the image.

Created in memory of a complex system of images, not only can you consistently present the terminology and meaning of each term, but also get a clear idea of how they relate to each other, which of them together and what does not.

The structure of the concepts are usually not specifically allocated to the training material. This work is you have to do yourself.

58. Remembering on the table of contents
New information mentally repeat for two to four days. The names and the names of well-fixed in verbal memory and recall will directly, without the support of visual images. We recommend you re-read the textbook section after fixing in the memory of accurate information. Training material will be treated very easily and you will improve involuntary memorizing all the other information contained herein.

59. Remembering the sequence of terms

Often academic material is organized as a sequence of terms. Here you will find a breakdown is not the text into paragraphs. Information presented large heads.

In this case, you must remember the terminology (with the formation of meaningful relationships) in the order in which it is presented in the textbook. Information stored block that begins with an image that denotes the name of the chapter.

Even with the organization of the material in the form of a regular sequence, usually there is some sort of classification. In our example, the dosage forms are divided into solid, liquid, others are soft and others. This is present in the text classification is useful for splitting a block of stored data in a few short sequences.

When playing a sequence of terms retell textbook material compiled by the plan (scheme of filling structures). If the text is present accurate information, remember it separately in small blocks.

If you remember the course material that we recommend, you should not only reproduce it in full accordance with the sequence of presentation in the textbook, but also be able to improvise in response to the exam, including in its response additional information and your own thoughts.

60. Remembering the structure of concepts

Many academic disciplines are difficult to memorize the conceptual apparatus. In other words, virtually every academic discipline has its own language. Not understanding the language, you can not understand and that you are trying to explain to the teacher lecture. From employment to employment of uncomprehending information will grow like a snowball. As a result, you lose all interest in the subject studied.

Virtually all academic subjects, there are books that are available at your disposal throughout the course. To overcome the cognitive barrier (the barrier of misunderstanding), get ready for class in advance. For example, before attending classes on "General regularities of drugs", note the structure of concepts from the relevant section of the textbook, that is, learn the words that will use the lecture instructor.

The structure of the memorized concepts as well as terminology, with the difference that an additional fixed in the memory hierarchy (subordination) of these concepts. Technically this is done by a combination of methods and taking account of Cicero in different parts of the image.
Example. "Ways of administering drugs" fix on one of podobrazov reference image. In the same reference image, select two other podobraza, which fix the division of routes of administration, "enteric" and "parenteral". From these images, build a short chain, "enteral" - oral - sublingual - rectal, "parenteral" - subcutaneous, intramuscular - intravenous - subarachnoid - inhalation. Then go to the next reference image and continue to memorize the pronunciation of words, their meanings, hierarchical organization. As a result of memory you will clearly understand the internal organization of the subject. All the used terminology in this subject will be familiar to you (words very quickly fixed in the memory itself), speech teacher will become clear.

In answering the exam recorded in the memory structure of concepts allows us to analyze the issues teachers find them in dirty tricks and give clear answers.

Exercises

1. Remember the names of sections and their subsections. Remember as a separate unit accurate information section.
   1. Beginning of the reign of Alexander I.
      Palace coup March 11, 1801.
      "Days of Alexander's great start ..."
      Activities MMSperanskii.
      Russia's foreign policy in the early 19th century.
   2. Start the War of 1812. Invasion of Russia
      Napoleon's troops. The Battle of Borodino and Moscow fire.
      Confrontation between two armies. Guerrilla Warfare.
      Napoleon's retreat from Moscow and the loss of his army.
      The historical significance of World War II. Overseas trip of the Russian army.
      The Congress of Vienna.
   Accurate information
   Paul - the emperor ascended the throne in 1796.
   Catherine II - the mother of Paul.
   Alexander - the eldest son Paul.
   Count Palen - the organizer of the conspiracy against Paul. The murder of Paul - the night of 11 to 12 March 1801. Tsarevich - the heir to the throne.
   Semenov and Transfiguration shelves.
   23 - Age of Alexander I.
   La Harpe - the teacher of Alexander, Swiss.
   Rhine - River, which wanted to retire Alexander.
"Unofficial Committee" - a circle of Alexander and his friends.
Stroganov, Czartoryski, Novosiltsev Kochubei - members of the "Unofficial Committee".

Distribution of peasants from land ownership - to the practice of Alexander, stopped them.

Decree of free cultivators - 1803.
47 000 male serfs released under Alexander. Makarevskaya fair - a place that sold the serfs. The prohibition to publish advertisements for the sale of people.

Collegiate form of central control - introduced by Peter I.

Karamzin - Russian historian.

12 boards - existed until 1802.


Mikhail Speransky (1772-1839) - from the family of a village priest, reformer, Secretary of State.

Erfurt - Alexander met with Napoleon in 1807.

"Introduction to Ulozhenie state laws" - is composed of Speransky 1809 on behalf of Alexander.

The principle of separation of powers into legislative, executive and judicial (The basis for the state. Speransky device).

The Council of State - put together three branches of government, appointed by the king, was created in 1810.

Derzhavin - poet and statesman.

Arakcheev - a favorite of Paul and Alexander.

Nizhny Novgorod - was sent in March 1812 Arakcheev.

Coalition - an alliance.

Napoleon Bonaparte - in 1804 proclaimed himself emperor.

Military alliance with Britain and Austria against France - Russia joined in 1805 year.

The Battle of Austerlitz - Russian and Austrian forces were defeated from Napoleon's army.

Bosphorus - Turkish port.

Russian-Turkish war - 1806 (Moldavia, Wallachia, Bulgaria).

Coalition against Napoleon - Britain, Russia, Prussia, Saxony, Sweden (1806 - 1807).

June 1807 - the defeat of the Russian army at Friedland.

Tilsit peace treaty - in June 1807, in East Prussia, the meeting of Alexander I and Napoleon.

Continental Blockade - organized by Napoleon against England.
February 1808 - March 1809 - Russia's war with Sweden (Sweden lost to Russia in Finland).

Viborg - a city that is included with Finland, was in possession of Russia since Peter I.

Mikhail Kutuzov (1745-1813) - in 1811, Chief of the southern army.

The Prut River - set of Russian-Turkish border in 1811 (Kutuzov bowed Turkey in the peace agreement).

Bessarabia - went to Russia.

Serbia - has internal self-government.

May 1812 - resolved the conflict with Turkey.

Remember the sequence of terms to form an additional semantic links. Retell course material, filling it with improvisation (something you know on this subject).

Textbook "Pharmacology of the recipe"
(V. May, VK Muratov)

"General recipe»

Solid dosage forms:
- Pills;
- Pills (multiple medications, layers);
- Powders.

Liquid dosage forms:
- Solutions (in water);
- Mucus (thick fluid);
- Emulsion (more immiscible liquids);
- Suspension (insoluble Lek. Substances are in suspension);
- Herbal teas and infusions (on the water, 15 and 40 minutes);
- Herbal medicines - tinctures and extracts (in alcohol, the extracts are evaporated);
- Novogalenovyh preparations (for alcohol, the pure drug, no impurities);
- Medicine (mixture);
- Liniments (thick gelatinous liquid).

Other liquid dosage forms:
- Butter;
- Juice of plants;
- The organ (organ of the animal);
- Concentrate (with high sugar content).

Soft dosage form:
- Ointment (not dry);
- Pasta (dry);
- Suppositories (candles, dissolve at body temperature).

Dosage forms for injection:
- Ampoules;
- Vials.

Medicinal aerosols.

3. Remember the structure of the concepts of the chapter "General Pharmacology" (textbook "Pharmacology of the recipe," with. 53 71).

General pharmacology studies the general laws of the medicines.

Route of administration of medicines

*Enteral* (Through the digestive tract):
- Oral (by mouth);
- Sublingual (oral mucosa);
- Rectal (rectum).

*Parenteral* (Bypassing the digestive tract):
- Subcutaneous;
- Intramuscular;
- Intravenous;
- Subarachnoid (directly to the substance of the brain, bypassing the blood-brain barrier);
- Inhalation (into the lungs through the mouth or nose).

Other routes of administration of medicines:
- Intra-arterial;
- Intraosseous;
- An introduction to the body cavity;
- Nasal (nasal mucosa).
Distribution and deposition of drugs in the body:
irregularly tissues and organs are
uniformly protein of blood plasma

biotransformation of drugs
The main direction of biotransformation process - the formation of less active substances and easily withdrawn from the body (liver enzymes).

**Isolation of drugs:**
- The kidneys in the urine;
- Display in the liver of mucus from the gastrointestinal tract;
- Display the secrets of the sweat glands;
- Display the secrets of the salivary glands;
- Display the secrets of the bronchial glands;
- Derived from milk.

**Homework**
1. Mentally repeat the information that you will remember the lesson. Get a direct effect of the recall, when I remember the names and terminology without difficulty.
2. Remember a separate unit from the history of accurate information early 19th century. Divide information into four short sequences, putting them in an arbitrary manner.
   - Polonaise - dance, which opened the balls in the early 19th century.
   - Chancellor - the highest civilian rank in the "Table of Ranks."
   - Zasulich - revolutionary, in 1878, made an attempt on the St. Petersburg mayor Trepov.
   - Uvarov - Russian general who led the cavalry at the Battle of Borodino.
   - Botkin - Russian doctor, one of the founders of epidemiology in public Russia.
   - Rostovtsev - the first chairman of the Editorial Commission, creating in 1859; projects have dealt with the peasant reform.
   - Nizhyn - the city in which organized the third high school (after Tsarskoe Selo, and Yaroslavl).
   - Panin - Chairman of the Editorial Committees since 1860.
   - Sechenov - physiologist, one of the founders of the first physiological laboratory Russia.
   - Kankrin - finance minister under Nicholas I, spent the 1840 monetary reform.
   - Paul - the Russian Emperor, Master of the Order of Malta.
   - Konik - a big bench-box with a lid, the walls of peasant huts.
   - Kibalchich - Narodovolets, author of a jet engine, executed in 1881 year.
   - Blagoev - Bulgarian revolutionary and a Marxist, one of the leaders of the party Russian Social-Democrats.
   - Pestel - one of the leaders of the Southern Society, executed in 1826.
   - Platov - Russian general who commanded the Cossack units in O. 1812.
The Senate - the highest court of appeal of the Russian Empire on the judicial reform of 1864.
Paris - European capital, trendsetter in the 2nd half of the 19th century.
Choir - a place for the choir in the Christian church.
Shevyrev - lit. critic, poet, total. Worker, has worked with Pogodin in "Moskvityanin."
Durnovo - Minister of Internal Affairs, during his adopted provisions on land captains and district offices.
Smirdin - a major publisher and educator, in the years 1830-1840., Reduce the cost of books.
Voronikhin - architect, author of the Kazan Cathedral.
Belinsky - literary critic, essayist, worked with the magazine "Notes of the Fatherland."
Sidelets - in the early 19th century was the name of the clerk in the store.
Nakhimov - Commander of the Russian squadron in the Battle of Sinop.
Zakharov - architect, author of the Admiralty building in St. Petersburg. Tolstoy - Minister of Internal Affairs in 1882-1889 years.
Pies - Russian surgeon, a member of the defense of Sevastopol, first applied the anesthesia.
Lotman - author of a monograph, "Talking about the Russian culture - the life and traditions of the Russian nobility in the 18th early 19th century."
Nechaev - the head of the organization "People's Axe and violence," created in Moscow in 1869.
Koretz - peasant name for the bucket of water.
Pavel - Russian Tsar, ordered to attach to the wall of the Winter Palace to petition for a box autocrat.

Lesson 13

61. Memorization technique of graphic signs and symbols

Technique of memorization of characters is not as high-speed, as a technique of memorization of phone numbers. Memorizing new characters for you language you will need more time. This lesson we will look at the technique of memorization of signs on the example of the Japanese hiragana alphabet. This is a syllabary, and it only 46 characters.

Signs are stored in several stages.

Originally held their imprinting - the capture memory, ie, fixing in the memory image and sound.

Further, the new signs are fixed in the memory through mental repetition and writing down on paper. Not only the memory must remember the new signs, but the hand must be trained to draw them.

As soon as the characters fairly well fixed in the memory of repetition, they are brought to the level of automatic recall of a table similar to a table of random numbers.

Then you can use the new icon, that is, read them and write. Remember the ABC of hiragana is possible for one and a half - two hours. But so it is well entrenched in the memory, it is necessary to repeat it a few days.

Remembering the alphabet and foreign words in isolation from the process of learning the language does not make sense. If you do not use the new information memorized, they quickly
begin to fade from memory. However, if you are regularly engaged in foreign language mnemonics that will facilitate and accelerate your learning.

Before we get acquainted in detail with the technique of storing characters consider two methods that are used in this technique.

### 62. Receiving mental drawing

You have already seen when the sketch of psychotechnic exercises. This technique is referred to in the method of active recurrence. Receiving mental drawing belongs to the second stage of memory - to the stage of the connection of images. Only in this technique is not connected to multiple images, and one (reference) image mentally communicates directly with a sign that you draw in your mind. As a result of this operation, the new icon "attached" to a reference image and is available for recall.

Necessary to clearly distinguish normal mental representation of the process of mental images rendering. When you are literally drawing a mental drawing in his mind a definite sign, number, word, consistently, and as slowly as you normally would with a pencil on a sheet of paper.

It is advisable when drawing characters to draw them quite large, bold lines. Imagine that you are writing a thick felt-tip pen to paper or finger on the dusty surface. And even on the glass with a brush. The sign is written in stages. Well, if you try to imagine this movement of the hand (hand drive itself is not necessary).

Mental sketch done on the background of the reference image (or reference image) because the main objective of this technique - bind the icon to the reference properly.

Draw in the imagination of the icons in several ways. You for yourself, determine what the most effective for you.

- **The first method** - To visualize the reference image, to separate him from her window and draw an imaginary icon to this imaginary glass (keeping in mind and the reference image).
- **The second method** - To increase the support mentally image and draw the icon directly on it.
- And the third way - is to try to embed the icon in the reference image. To do this, it better not be drawn, and made of thick wire or any other suitable material. We recommend this third option in the primary memorizing signs. Present memorized as a sign of self-image (or multiple images). Then the process of remembering will be no different from the usual formation of artificial associations between multiple images.

### 63. Acceptance of the mental pronunciation

Widely used by all. By repeated mental pronunciation man remembers the bulk of the information. This method - the basis of widely used method of cramming.

When you hear on the radio you want your phone number, you start looking for a pencil and paper and mentally at this time (or even out loud), repeat number. Manages to keep him in mind because of the large inertia of the speech analyzer (about 4 seconds). If you repeat a phone number long enough, he "settles" in memory. Lack of cramming is that in short-term verbal memory can fit only one phone number. So memorization phones (and other information) by cramming takes a very long time. In addition, the jagged information tend to quickly fade from memory. Historical data, memorized in the visual analyzer, can be stored in memory is almost constantly. Jagged same chronological work before the control plate "Evaporates" from the head for a few days.
Mnemonics uses the device of the mental pronunciation a little differently. It is used not to memorize, but to fix the memory is stored information to form a direct connection between the image of the icon and its pronunciation.

This method applies to the second stage of memory - to the stage of the connection of images. There is a fixation of the relationship between the visual image of the mark and its verbal representation. Admission is extremely simple. When you represent in the imagination of a new sign, multiply mentally pronounce the sound. Appliances store characters as follows.

Think of each sign-remember way, prompting the sound very precisely this sign (the sign of "KA" - the image of "Map", the symbol "CI" - the image of "Dagger"). Remember the sequence of reference images, in which coded pronunciation marks.

Visualize the reference image of the first mark and within a minute or two "Draw" on the background of the appropriate sign (the best results are obtained by embedding the mark in the reference image).

After storing all of the characters spend a control recall, writing down the characters and their pronunciation. Additionally remember the characters that have been forgotten or recollected with errors.

Once you've verified that you remembered the signs correctly, proceed to perpetuate their memory. To do so, bring up the images and doing the following. Remembering another reference image, consider it a sign and its pronunciation. Remove from the minds of the reference image, leaving only the image of the sign.

At first glance, this technique may seem awkward (especially against the background of high-speed memory technology of digital information). In fact, the opportunity to learn a new alphabet for 2-4 days - this is a very good result (slow reading and writing can be immediately after imprinting, 1.5-2 hours).

Exercises

Alphabet hiragana
1. Remember the sequence of reference images, in which sound is encoded characters hiragana alphabet.

Apricot icon whatnot Monkey Ear Dagger Fist Card Cam Ring Sugar Syrup Rusk Sandwich Juice Tina Roach Toaster Tsunami CHP Thimble Threads Zero NEP toe cap surgical gown Ham (ham) Round Dance Mat Bowl Fly Mayor Carrot Tree Anchor Jupiter rocket Rice Hand Rambo Diamond Vase Window Nose

2. Recall the sequence of images, check out the pronunciation of characters of the alphabet. Check.

<table>
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</table>
3. To support the reception of mental imagery remember drawing the appropriate symbols Hiragana alphabet (see table).

4. Write down from memory all the signs of the alphabet and the pronunciation (in a clear sequence). After controlling for the recall of an additional note lost or distorted information. When writing out his character write one or two lines to work out in writing.

5. Write the alphabet of the following Japanese words.

   Akai (red) KACOU (write) KHAN (flower) Hito (people) HON (book) MITYI (street),
   Niwa (Garden) IE (house) UMI (sea) Haha (mother), Titi (male) UTAU (sing), Hikaru (light)
   Fuyu (winter), AKI (Autumn) NATSUI (summer), Haru (Spring), Hoshi (Star) Hays (soldiers)
   to him (to read) Okura (send) PEACE (view) TSUKURU (do) neko (cat) Kura (black) IDF
   (blue) HATARAKU (work), Saito (student) Sensei (Master)

**Homework**

   Mentally consistently recall all of the characters hiragana alphabet. Introducing the mentally mark pronounce his pronunciation.

   In the plate hiragana characters are randomly Call signs of the alphabet out loud.
   Strive to recode characters in SOUNDS proisholilo without delay.

3. Write the following words in hiragana:

   SARAH Sakan TANA NACA KURA NIHON KARA OSAKE MONO MIIS KAO
   KATA HARA KOTOBA ITAI Nuno SUM YASAI KIMONO KIBI HIROSE Akashi KURA
   Nuno IRCAM Neeru Kaer TOMATO SAKURA ASA UME ATATAKAI KAMI

**Translation of words:**

   Dish - fish - shelf - inside - pen - Japan - crane - vodka (rice) - a thing - the ears - the person - his shoulders - the stomach - the word - hurt - bandage - ink - green - bathrobe -
   buckwheat - width - red - garage - scarf - the mechanism - to cook food - change - Tomatoes -
   Cherry - Morning - plum - heat - paper (god, hair)
4. Of cardboard make 46 cards and write on their signs hiragana alphabet. Mixing
the cards, you can easily get a random sequence of characters.

Cards are both a simulator, and test the quality of the store signs. If you get call signs
at a speed of 0.5-1 seconds, it means that your brain formed a direct link between the verbal
and the visual analyzer (different modalities Association, reflexive relation).

A random sequence of cards - a universal method of training. Using it, you can quickly
bring to a reflex level recall of all kinds of information: signs, foreign words, figurative codes
of numbers, historical dates, new terminology, the names. Of course, all this information, you
must first remember the techniques of mnemonics, well fixed in memory. Cards are used just
for tuning information to the automatic level of recall.

For example, you can assume that in your brain formed shaped double-digit codes, if
the perception of the ear or on paper in your mind instantly appears appropriate image (the
image itself should occur automatically, without your conscious participation.)

Session 14

64. Technique of memorization of foreign words

The need to memorize a large amount of new words - a serious obstacle to studying
a foreign language. Some people believe that children are good at remembering foreign
words, and adults - is worse. Mnemonics shows that this is not the case and even not so.

Indeed, the child develops to seven years in his native language, because he lives in a
linguistic environment. His teachers are just a lot of people (father, mother, grandparents,
friends, caregivers). But after seven years of his life, the child gains is not so large
vocabulary - 1500-2000. If you divide this number by the number of days in seven years, we
find that children are taught every day just one word.

Learn a foreign language intensively, this "phenomenal" memory for words is clearly
not satisfied. You must be able to remember a day at least 50 new words, then spoken at least
2,000 words you can memorize 40 days. This is not about memorizing, in which "read and
translate with the dictionary", or rather can not read and translate without a dictionary. Words to
remember, so that would never find them in the dictionary. But this is not enough. Words need
to memorize so that they are caused by the perception you have in mind the corresponding
visual images. In this case, the term "transfer" will lose meaning for you. After all, if a foreign
speech will include arrangements you have reproductive imagination, you'll understand it
simply, without any translation, as you know the native language words.

Memorization of foreign words is carried out in several stages.

1. Memorized words presented in the form of visual images. The visual representation
in all languages look the same. Apple, EPL, ringo - all these different designations of the
same image.

2. Visual images a certain number of words stored in
appropriate sequence. This is to ensure that when a mental recollection that you can work out all the words with no gaps.

3. On the image memorized words made labels that tells you it sounds in a foreign language. After that, you can already play the foreign words without a dictionary. However, this memory is not enough. Playing yet implemented on the basis of the subsidiary formed by associations. From this point begins memorizing words, ie education direct connection between word and image.

4. Then you remember the next image and read it with the pronunciation. Then take away the images from the minds of tags and represent only a memorable image. Against this background, the image receiving mental pronunciation and mentally draw (when memorizing spelling) will create a direct link between the image and its new sound. Do this several times prodelyvat within two to three days until a new sound does not "stick" to the image.

Carry out operations to secure the words in memory, you can at any time - walking, public transportation, at the table. For repetition and consolidation of new words you do not need a textbook, since the pronunciation of words written in your memory.

It is recommended for securing the words immediately incorporate them into various grammatical constructions, that is to beat the new words in combination with already known words.

Blunder is the formation of association between sounds and words-way mark.

Example. When memorizing the image of "Hair" the Japanese word 'kami' we present this large hair and a small way to make "hair" tag "fireplace." In the mental repetition is necessary to provide hair and say to myself "Kami". Representation of the image will be a mistake to fire, because the association is thus formed is incorrect. You do not want the word "Kami" caused in your mind the image of the fireplace?

Auxiliary Association (image-tag), which is encoded pronunciation, we need only the first stage of memorizing foreign words to capture the information in memory to get rid of the need to carry a book and have the ability to consistently repeat the words.

Relationship quickly formed. You feel it from the onset of the effect of direct recall. In this case you will often even difficult to remember obrazymetki support. Visual image will immediately cause pronunciation and vice versa.

Technique of memorization of foreign words is quite simple, provided that you have formed coding skills in word and image formation of artificial associations. The more you exercise in the memorization of foreign words, the easier they will be remembered.

This lesson we are working on memorizing foreign words on the example of words of Japanese. The language chosen for two reasons. First, the Japanese words are memorable enough, and secondly, almost no one knows the Japanese language, so you can objectively evaluate the effectiveness of memory through the proposed technique. Memorization of English words does not provide a "clean experiment", because many English words are all familiar with.

In order to effectively practice the technique of memorizing foreign words, you must have formed good skills of memorization. It - High
rate coding of information in images, the ability to form a shaped memory codes, the ability to remember the first time the association and in high enough volume. So, remembering a hundred foreign words can be likened to memorize three hundred-digit numbers or a hundred phone numbers. Your ability to remember one times that amount of information depends on the stability of your attention. Sustained attention - the main indicator for assessing the skill of memorization program "Master of Memory" - is determined by the volume of stored data. Even if you remember, without a single error numbers 60, laid in standard speed memory, "Master of Memory" will deliver you a modest rating of "3", because memorization memorize 60 numbers is equivalent to a total of 20 foreign words and such a memorization skill is not enough for intensive foreign language study. For comparison - in one lesson, language laboratory course can be an average of 100-150 new words. In one section of a history textbook - 50 messages to be remembering, which consist of approximately 250 images.

65. Ways to encode the words into images. Phonetic figurative codes

The process of memorizing foreign words is divided into two phases. First - write the pronunciation of words and their sequence in visual memory. Second - formation of links between the visual and speech analyzer. If the bond formation in the visual analyzer with just a few seconds, the connection between different analyzer systems installed for a long time. According to our observations, foreign words (though, as well as terms and names) are fixed in the memory for two to four days, provided that they are repeated active, that is reproduced from memory.

Here we look at ways to remember a single word in the visual analyzer to the pronunciation coding of images.

When memorizing foreign words in the images are encoded not only foreign words and their Russian counterparts. If the word "pen" is easy to imagine visually, the words such as "run", "cosmos", "green" require the use of coding techniques (2 classes), because before you burn the images into word pronunciation, we need a way in which this pronunciation is recorded. This image is derived from the Russian translation of the words memorized. In our example, the verb "run" can be defined properly, "sneakers", the word "space" - a way "spiral", the adjective "green" - a way "grass." Later, these images will be the basis of association and their podobrazah will be recorded pronunciation. Simultaneously, these images indicate the translation of foreign words and memorized them easy to remember sequence.

Images obtained from a foreign word and its pronunciation coding, are stored as elements of the association.

Pronunciation of any foreign words can be encoded into the images more of the following methods:

- heuristic method of association (reception symbolization, reception encoding a consonance, receiving education words syllable by syllable, welcome to the familiar binding information);
- phonetic figurative codes;
- receiving education associative connection (with the release of the basis of association).

Many foreign words easily encoded into the images through the Russian language (Method of guiding association): kami fireplace, cubic dice, Mimi face (facial expressions).
However, in foreign languages have sounds that are not in Russian. These words suggestive association method is not applicable and use the phonetic figurative codes.

In any language, one can identify the most frequent syllables. In the case of the Japanese language such syllables are the sounds of the alphabet hiragana. Each syllable is assigned a visual image (CI dagger, MO carrots, about a monkey, ring CO). These images should be very good to learn (remember the quality of the images tested card). When memorizing figurative codes need to listen to samples of recorded pronunciation of basic sounds of language. Then you'll phonate "To" not as the word "ring", as well as his utter Japanese.

Memorizing words using phonetic codes shaped like remembering phone numbers using figurative codes digit numbers. They allow you to accurately remember the pronunciation and memorization done fairly quickly, as the process of memory encoding step is eliminated.

The choice of methods to encode the words into images depending on memorized words. When memorizing a single word can be freely combined all of these techniques.

Examples of encoding words into images:

- Akai (red) - on the stem of the red flag - a tape by "Akai";
- Niva (garden) - under the apple tree is a car "Niva";
- hon (book) - book on model motorcycle "Honda";
- the world (view) - the association "Binoculars globe";
- haha (mother) - your mom with two bathrobes in the hands of the (figurative codes ha, ha);
- tsukue (table) - in different parts of the image of the "table" remember the three figurative code
  - Tsunami, a fist, bookcase (codes zu, ku, e);
- utau (sing) - in different parts of the image of the "microphone" remember the figurative codes - an ear, a cockroach, the ear (a, ma, y);
- Sara (plate) - in the form of a plate place a figurative codes - sugar, rocket (ca, pa);
- Natsu (summer) - in the form of "Tennis Racquet" remember the two shaped package
  - Thimble and tsunami (on, zu).

**Remembering the sequence of associations**

Write down the words memorized in two columns. On the left - the Russian word. In Right - foreign.

Divide the list of words into short sequences (8-10 each).

Translate Russian words into images (left column) and take note of each short sequence of reception "Matryoshka".

Assemble the short sequences in the block, noting in addition the first images of each sequence (for example, different podobrazy image selected by Cicero).

Recorded on a memory block images memorize the pronunciation of these images in a foreign language. To do so, remember the images of the block representing each image large. To fix the pronunciation of these images
recording techniques for different parts of the image. Coding of sound in the images is carried out by guiding association and phonetic figurative codes.

**An example of memorizing words:**

- kami hair,
- ears, Mimi;
- cubic neck,
- teeth, ha;
- Ashchi leg;
- kata shoulder

1. We write the words in two columns of short sequences.

2. Remember the sequence of images of the left column technique "Matryoshka" by linking images in association pairs.

3. We remember the images one at a time and with the help of associations we attach to the main images of images of tags, which encode the pronunciation of words:

   - hair - kami (n);
   - ears - Mimi (ka) the image of a person;
   - neck - a cubic (k);
   - teeth - a robe (shape code "ha")
   - feet - the letter "A" and
   - soup shoulders - kata

   (LCA)

Now you can consistently remember the characters and their pronunciation in Japanese. From this moment begins the second stage of memorizing foreign words, i.e., education direct connection between the image and its pronunciation in a foreign language.

Words in our memory is not stored in isolation. They are remembered "bundles": sentences, phrases, sentences. Some patterns of motor memory are valid and in verbal memory. Thus, it is well known that if an action (a program of behavior) started, it runs until the end. For example, the operation is the inclusion of light in the bathroom is built into the brain in some sort of program behavior. This leads to the fact that when light bulb burns out, you'll still be clicking a switch before you grab the door handle, especially if your mind is busy with something else and has no control over the movement.

Language words are stored in the brain of phrases, these phrases are also inherent property "Inertia". Launched by the phrase tends to close, even at the level of mental pronunciation. Check.

"Frost and the sun ..."
"The street word ..."
"The Union ironclad ...
"Today, the plane on the street ...
"The satellite flies ..."
"Green ..."
"Red ..."
"Bright ..."
"Eternal ..."

At the physiological level, a statement is essentially a conditional instinct, in vivo-formed program, consisting of a clear sequence of simple reactions. Remember, as a reflex differs from instinct.

66. How to deal with linguaphone rate

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•
• advisable to buy a player antirollinga function that stops the film exactly where you stopped it; ordinary players after stopping the tape stretch it forward;
• required rewinding the film in different directions;
• preferably recorder remote control (it is very convenient in winter and in bad weather);
• very desirable feature remembering the starting point with automatic stop listening at this point in multiple regression (sometimes want to hear the phrase several times to capture the subtleties of pronunciation);
• in this regard will be very useful function of slow-listening (at reduced speed), and if not, then you can insert podsevshie batteries.

Requirements for the allowance

In the manual there should be nothing superfluous - basically what is written on the tape, plus a dictionary and a short explanation for ideomaticheskih expressions and phraseology. Various exercises are usually present in the textbooks of foreign languages, language lab course are not necessary.

Grammar should be presented discreetly - not in a systematic form, and, as appropriate, in a study of various speech situations.

New words must be given not separately, but woven into the living tissue of conversational speech (phrases, standard phrases, sentences, dialogues).

The main form of organization of the material in the manual - two columns, one in Russian, the other - in a foreign (written legible transcription to complex script).

A large number of languages spoken stamps should always be commented upon in the notes for the lessons.

Organization of training

• Do not start learning the next lesson, without acquiring full content of the preceding.
• Worked constantly listen for lessons again at your leisure.
• Before you begin to memorize new words a lesson, the lesson should be reviewed. To do this, start recording and play it, keeping track of
allowance.

- In this note the discrepancy in pencil pronunciation transcription, reduction of sounds (the sounds of some of the "swallowed") put down the stress, longitude tick or shortness of vowels, doubling of consonants, correct the discrepancy (error) between the recording and text.
- Check the new word whose meaning you do not know.
- Then on a separate sheet write down the value of all new Russian words lesson in the left column and their translation - to the right. It is important to remember new words in the order in which they occur in the classroom. (Later, when you remember the sequence of new words memorized, you will automatically be remembered phrases and sentences in which these words were used.) Sequence of memorized words to break the short-chain (8-10) and remember all the new vocabulary lesson technique of memorization foreign words.
- When memorizing new words repeatedly listen to their sound for the correct pronunciation.
- After controlling for the recall and remember the lost information from the memory begin to consolidate the new words.

**Exercise 1.** Consistently remember the images and read from their pronunciation of the word.

**Exercise 2.** Consistently remember the images and retaining pronunciation in mind, imagine different images that match the word (neck man giraffe's neck and neck dog ...).

**Exercise 3.** Remember the sequence of images, but call them mentally (or aloud), only a foreign language.

**Exercise 4.** Write words on cards (one side in Russian, the other in a foreign language). Cards are shuffled easily, and you get a random sequence of words. Exercise like a table of random numbers. It is also a training and testing. As soon as you can without stammering translation of words, the next in random order, begin exploring the lesson language laboratory course.

It - it's highly automated motor skill. Words are not stored in our memory isolation. We use a set of different speech grammar (conversational cliches). However, these grammatical constructions are not static. Different parts of the grammatical "skeleton" can be replaced by other words.

*I love to fish. She loves to fish. He loves to fish. I love candy. He likes candy. They love sweets. I do not like meat. He does not like sweets.*

In the language lab course presents a large number of conversational cliches. But we need a creative approach to language learning and memorization are not limited to those phrases which are presented in the lesson. On the basis of a single grammatical construction, using the best of your vocabulary, you can build dozens of other utterances. This simple principle is the basis for forming abilities to express their thoughts in a foreign language. And the exercises in self-build proposals must be done in addition to the material of language laboratory course. An important condition for
execution of such exercises is your ability to remember well the individual words which are directly from memory are substituted into the grammatical framework.

**Approximate sequence study of the lesson.** (At the time the study of the entire vocabulary lesson must be learned to automaticity.)

**Exercise 1.** Repeatedly listen to each phrase, sentence and repeat it aloud several times, trying to copy as closely as possible the pronunciation and intonation of the speaker. Perform these exercises as long as you're not free to repeat the sentences with real speed. These speakers should be understandable without translation. Help your reproductive imagination, especially in the visual images representing what they say. By repeating aloud working muscles and articulatory apparatus brain involuntarily remembers combinations of words.

**Exercise 2.** Read the right column (in a foreign language), closing with the left (with translation). Check whether you are translating from a foreign language to Russian. It does not usually cause any difficulties.

**Exercise 3.** Close the right column. Read Russian phrases and check the correctness of the translation into a foreign language. Translated from Russian into foreign languages more difficult. This exercise - to digest your grammar.

**Exercise 4.** Listen researched lesson in my spare time. Actively visualize the images in what they say. Do not allow internal pronunciation in Russian.

**Exercise 5.** Remember the sequence you memorized the words and without language laboratory course (no records) try to reproduce those phrases in which these words were used. Catching up on the language lab course, you'll notice that the brain remembers very well the phrase and one word, "pulls" from the memory of a phrase and even conversations.

**Exercise 6.** Remember the words sequentially. According to the - those grammatical constructions in which these words were used. Take the grammatical construction of a foundation and replace it different parts (words), ie begin to build their own speech. This exercise must be performed without reliance on the textbook, using only the contents of your memory.

If you are a teacher, record generated by your statements and let the teacher for review. The statement may be perfectly correct in terms of grammar, but in this form it can not be used in the target language. Control statements to "sound" or "does not sound" can be done only teacher who knows the language and lived some time in the country.

**Accumulation of lexical**

What words to remember in the first place? Those who are most often used in speech. Look around you - whether all the items you can call in the target language of your choice? Those that you do not know, ask your teacher or look in the dictionary and memorize the material in addition to the language laboratory course. These new words can be included in your course work with at linguaphone formation of new statements on the basis of common grammatical structures.

Tape his phone conversation with a friend (girlfriend). Analyze the vocabulary you used. Please note contained in the speech of a large number of different words-bond - I'm saying here is, of course, like, gee, for example, by the way, it is unlikely, moreover, and then, but, at, um, hello, I listen to, etc. These "fillers" exist in other languages, each language its own. Their direct translation is impossible. In a good conversational course
must involve a complete set of purely spoken words. Separately to clarify this matter with your teacher. He can give you and vocabulary, which is usually absent in the textbooks, but nevertheless widely used in speech.

The greatest difficulty in memorizing the official cause parts of speech, adjectives and verbs. The problem is solved simply enough. Try to memorize them separately (in the words memorized). And then "stick" to the noun, ie memorize phrases at once and offers.

You can easily think of a noun, and it will "pull out" from the memory a whole sentence with verbs and service parts of speech.

After passing through the spoken language laboratory course you can continue learning, memorizing by rote songs, poems, stories, and excerpts of stories. Listen to the radio, watch television on the language you want and, most importantly, try to get acquainted with a foreigner - a native speaker. As soon as you hear it live, all your vocabulary will become active.

Systematically memorizing grammar need only if you need to pass these rules on exams. When working with linguaphone course grammar digest in between times, the repetition of phrases and sentences out loud.

Please note that the system of spatial operators is not formed in the study of grammar, but when multiple images appear in a certain spatial relationship, and this "image" is accompanied by a verbal statement. It is much easier to remember that saying, "On the table is the computer" refers to a specific spatial interposition images than for a long time to understand the cases and in prepositions.

And, of course, the main condition for effective language learning - a regular practice every day. Mnemonics can realize in practice the principle of intensive training - learning without interruption throughout the day as well as being in memory information can be used by you to exercise at any time and anywhere.

**Exercises**

1. Remember the words of memorization techniques of foreign words. Remembering write them in hiragana.

```
Akai   RED     Laughing    COME
KHAN   FLOWER  disease    PERSON
HON    BOOK    MITI       STREET
NIWA   GARDEN  IE         HOME
UMI    MORE    Haha       MAMA
Titi   PA      UTAU       SING
Hikaru LIGHT   Fuyu       WINTER
AKI    AUTUMN  NATSUI     SUMMER
Haru   SPRING  HOSCHI     STAR
Hays   SOLDIER HIM        READ
Okura  SEND    WORLD      VIEW
```
### Homework

1. Remember the words of memorization techniques of foreign words. Remember record, check the recall.

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<td>Tsuji-O</td>
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<td>SCHINDZO-O HEART</td>
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Lesson 15

67. Technique remember "The Matrix"

This technique is used to store digital tables, organized on the basis of the matrix. It allows you to selectively recall information at the intersection of horizontal and vertical rows. A typical example of this kind of information - a table of correct answers. The arguments will carry on the example of memory cards for the exams on the rules of the road.

Matrix is as follows.

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In the table: a vertical column (the numbers from 1 to 88) - this is the ticket numbers, the horizontal line (1 to 10) - a number of questions in each ticket. The remaining digits in the table - a number of correct answers to the questions of tickets.

Need to remember the table so quickly to answer the question: "What a figure at the intersection of figures 3 and 6?" At the intersection of these figures in the table is the number 4.

To solve this problem different ways. For example, you can group numbers in the table two-digit numbers (1 13, 21, 53, 41, 34), and tied to one vertical row of additional reference image, to remember him the five numbers (see method of free association, which is used for the expansion of different methods.) The desired number can be found in the memory for a few seconds. This is a good way.
You can just remember all of the table in order. Then to find your answers have to touch in memory the entire table. It's a bad way.

You can use the technique of "The Matrix", the main "zest" is that the recollection of it is based on mental operations "overlay images." Thus it differs from all previously discussed techniques. Consider this technique in more detail.

In the table of correct answers on the exam tickets on traffic regulations vertical column contains the number of tickets. They are usually 88. The numbers of horizontal column - this is number of questions (pictures) of each ticket. One ticket-10 pictures of issues. In each issue of written answers. They are not more than five. And only one of them - the right one. Here are the correct answers and fill the whole table.

For example, the number of the correct answer to the third issue the ticket number 2 - 1. Number of the correct answer to the 7th issue of the ticket number 3 - 3.

Remember the following technique. On the number of vertical columns (1) is formed at once ten associations (in the same way). The numbers that are associated with the unit, made up of digits of questions and answers digits numbers. For example: 11, 23, 32, 41, 55, 63, 74, 81, 93, 04 (tenth issue, we denote the zero instead of ten). This creates the following sequence of associations:


It may seem that such confusion to remember the associations to a single image is impossible. However, these associations are stored in the brain. But to call them, you need to use "clever" technique of remembering. It is as follows. For example, to answer the question: "What the right answer seven questions first ticket?" To search for information in the memory you draw consciousness shaped code units (cm) and in the background start going through the images from 71 to 75 (71, 72, 73, 74, 75). Once you attach the image of the "hedgehog" image "Fishnet" (74), the hedgehog will increase the previously formed association, and you'll feel confident that the number 74 - the desired result. In this figure the number 7 means the question number, and number 4 - number of the correct answer.

This technique is interesting and theoretically. It clearly shows the holographic principle of the memory.

If the traffic police tickets were cut and mixed, if you change your tactics, and in each picture, the hallmark, Resources (pictures are well remembered.) By distinguishing feature can be assigned number of the correct answer.

68. Memorizing questions and answers

How else can help mnemonics in the exams, which uses the principles of programmed survey students? If only you were in the hands of the correct answers to questions, you can easily remember them. Exam questionnaires are usually issued before the examinations for self-preparation.

If the questions are numbered and each question is numbered answer, the problem boils down to remembering remembering numbers for serial numbers (1 - 02 2 - 01 3 - 04, etc.)

Recently there were very clever system of programmed survey (compiled by whom, apparently, familiar with the capabilities of mnemonics).
In these questionnaires the questions are not numbered and the numbering is not possible to force, as in the exam are given the same questions, but scattered in disarray. In embodiments answers to one question may be correct, several rooms. For example:

"What techniques are used at the coding stage?"

1. The method of active recurrence.
2. Receiving draw.
3. Acceptance of symbolization.
4. Alphanumeric code.
5. Appliances store phone.

Correct answers - Nos. 3 and 4. How can they bind to the corresponding question? Very simple. First select the image of the question. In this case, this question can be designated to read "Code lock." In this way the number of contacts 34. All questions (encoded in the images), you must memorize the sequence to be able to mentally repeat them.

If necessary, you can attach to each question the correct answer. In our example, the question is linked images of the "Heart" (reception symbolization) and the letter "GJ" (alphanumeric code). The Association is formed as in remembering phone numbers: an image problem - the basis of associations, images replies association agreements.

Of course, we encourage you to take the examination by such methods. Mnemonics can be used here only for the insurance. After learning goal - The acquisition of knowledge, not exams.

69. Remembering the secret numbers

Consider a typical situation.

My wife (husband, parents), while you were sleeping, found in your notebook your girlfriend's phone number (a friend). The next day, followed by unwanted calls, conversations and relationships deteriorate as your family and your family in a familiar (familiar). Of course, this girl (young people) do not want to talk to you.

Have you lost a purse with a credit card. Pin-code was recorded on paper, which was in the wallet. Until you discover the loss, the money in your account noticeably diminished.

Wisher at work you stole my notebook and found the code to access a file on your computer where your recorded original ideas. And here he is running ahead of you in the patent library.

In a forgotten somewhere in her purse lay a piece of paper with the code lockers at the station. When you arrive at the station, your cell may already be empty.

Your child is found in your papers cipher diplomat, in which you store something that he could not read or watch ...

Code for your safe at work found out strangers. And suddenly there you keep money?

You arrive by car through the city. And suddenly decided to call my friend. While your eyes are looking at a simple phone number or e-
notebook car in front slows down dramatically, and you do not have time to react.

On the street the winter, you have to make a phone call from the machine. Remove an electronic notebook, and she does not want to show you the phone number. Frozen.

Competitors know your secret code to access messages in a paging company. All of your talks become known to outsiders.

Description of possible situations in which you can not trust the information paper or electronics, you can go on and on. It is clear that in some instances the safest place to store information - it is your head. All that is written can be read by other people.

Here we do not give way to remember codes, codes, pincode. You'll be able to remember them known to you methods. This problem - the unit, especially after the date contained in the training exercises with digital material.

The only thing to recommend this method for making a cipher in the case when you come up with it themselves. If you want to password-protect your file to your computer for general use, recall the good thoughts you familiar poem and in the process of remembering enter into the computer all the consonants, coding them into numbers. For example:

"October has come too, so last fall otryahaet sheets with the naked of their branches ..."

Entered digits: 32591072561702932576206727013783828.

You can enter a password in front of everyone. No one can remember a single perception more than five digits. The program «Word» allows you to enter a password from two hundred figures.

70. Remembering the musical chords

Mnemonics can help musicians. Those who enjoy jazz, you know how difficult chords accompany some jazz pieces. They are very hard to remember. Meanwhile, the chords are memorized a very simple method of mnemonics. Mnemonics easily "adapt" to the most diverse kinds of information.

An example of memorizing musical chords.

C?  F7  Article C7
F7F7  C7A7
Dm7G7S7G7

Each chord has a numerical designation that corresponds to the steps fret. Rewrite the harmonic grid of numbered.

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Group the number of chords in double figures:

14 11 44 16 25 15
Now you need to memorize all six numbers. Each number is encoded on two chords. Since the figurative codes can not be linked together to remember the six images in any way supporting memorization techniques to different parts of the image.

This accords Majeure blues, hence the reference image, choose a a musical, by association connected with the blues.

After a while, after some playing chords in the memory, remembering the place hand on the fretboard or keyboard. And the auxiliary images are no longer needed.

71. Mnemotechnical "tricks"

Mnemonics can be used at your leisure to entertain his relatives and friends. The main secret of these "tricks" with a phenomenal memory is showing that these tricks actually has a phenomenal memory. True, this is still no one believes for a long time puzzling over the key to the secrets of tricks.

1. Ask someone to dictate to you a few dozen two-digit numbers. Write them down under the serial numbers or just in sequence. While you record - remember them. After writing numbers on paper (or board) to make it appear that hard stares at the table you are trying to "take pictures" look. At this time, quickly spend control recall and remember the lost of extra memory number.

Now you can show the focus. Play a number of forward and backward, and ask viewers to call you a serial number. You may recall the numbers selectively. And you can tell which number under which the serial number is located. Usually enough to remember the numbers 40-50 to shock the audience, unfamiliar with the mnemonics. Instead of numbers you can memorize foreign words, but it will take more time.

2. Cut small pieces of paper (30 pieces). On each piece of paper write the letter of the alphabet. Distribute papers viewers that they have written to them (opposite side) telephone numbers. Gather the scraps of paper and note the phone numbers on figurative codes letters of the alphabet. Now you can play the spell phone numbers written on the opposite side.

To demonstrate the tricks with the cards you have to remember very well shaped card codes. If you know the figurative codes, grab a deck of cards in front of the audience during a two minute look at the deck and then play all the cards in sequence.

Maps you can easily encode the images using a combination of: color, plus the number (or picture). For example: Six Peaks Peak 6 (SHL) image of the "stick". The Queen of Spades pudding. And so on. Figurative codes is difficult to be brought up to the level of automatic recall. Memorize them so similarly shaped double-digit codes. Random maps follow easily, mixing deck. Memorizing a random sequence of playing cards - it's very good exercise for working out different ways of remembering images.

4. Mnemonics are often used to obscure to the public messaging, for example, in a session "telepathy." Artist and his assistant, remember a lot of historical dates and numbered list. Someone in the audience are asked to write on the board the historic date. Assistant, who is the audience, with
through code gestures conveys the hidden code number executor date. To the number immediately gives the date and event, and the performer, "guessed" thoughts. The likelihood that someone in the audience make a historic date, which is not a history book, is practically zero.

To pass a number, you can use all ten code of gestures, each of which represents the numbers from zero to nine.

For example, if the "Yawn" is 1, "her hair" - 2 "slope heads" - 5, the sequence of these movements is passed the number 125. And the singer, and his assistant know what that number is the date "1881 - execution of the inventor of the jet engine Kibalchicha."

Very often mnemonist use your memory in this way. Being able to memorize a lot of accurate information and the coded signals can be successfully deceive the audience for their own pleasure, showing the wonders of telepathy and clairvoyance. When demonstrating the ability to learn such tricks are not advertised. The more that people easily believe in miracles, than in what someone can remember. Unfortunately, in the psychological literature, when we speak of GMS ®, often have in mind a "circus" mnemonics. And forget that mnemonics can be used successfully for efficient, accelerated learning.

**Exercises**

1. Remember table technique "Matrix". Each vertical column numbers form associations with numbers made up of numbers and the horizontal row of numbers table.

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2. Remember the table, tied to the images of the vertical column of numbers an additional reference image. On this note the image numbers table, grouped in double figures.

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Remember the correct number of answers to questions.

**What do you call long processes of nerve cells?**

1. Mitochondria
2. Dendrites
3. Axons
4. Papilloma

What areas of the brain relate to the visual analyzer?
1. Hippocampus
2. Tubing
3. Striate cortex
4. Callosum
5. Pituitary

What is the value of the membrane potential of a nerve cell?
1. 40 mV
2. 300 milliamps
3. 4.5 volts
4. 70 mV
5. 125.5 mV

What is in the glial cell membrane?
1. Nicotine
2. Myelin
3. The organ
4. Chloroplasts
5. Ruberoid

What is the effect of branching axons of nerve cells?
1. Convergence
2. Braking distances
3. Mediators
4. Divergence
5. Depolarization

What are the nerve cells in the retina?
1. Amakrinovaya
2. Bipolar
3. Ganglion
4. Fatty
5. Cone

What is the restriction of myelin on the axons of neurons?
1. Gray matter
2. Nodes of Ranvier
3. Narrowing Kuflera
4. Cell mass
How many cell layers in the lateral geniculate body (in the visual analyzer)?

1. Six
2. Single layer
3. Always different
4. 13 layers
5. Two layers

**Who is David Hubel?**

1. Psychiatrist
2. Psychologist
3. Neurophysiologist
4. Neurologist
5. Oculist

**What is the length of the dendrites of the majority?**

1. Meter and more
2. No more than 10 cm
3. 12 microns
4. 15.5 mm
5. Less than 1 mm

**In what year was Stephen Kuffler recorded responses of ganglion cells of the retina to light spots and with whom?**

2. 1950. Cat.
4. 1856. Rhino.

**Where are the on-and off-center?**

1. In the brain
2. In the cerebellum
3. In the retina of the eye
4. In the receptive fields
5. Everywhere

**What kind of reaction of neurons caused a burst of light directed right in the eye of animal?**

1. Running away
2. Weak
3. Strong
4. Whom
5. Neurons are burned out

**Appendix 1**

**From the History of mnemonics**

Memory has become an object of study before the appearance of scientific psychology before noticed and described the cognitive processes. It was recognized that memory is able to improve and began to develop practical ways to improve its productivity memory. The first study of memory appeared in the form of mnemonics. Origin refers to the entity VI-V century BC Probably mnemonics can be called the founder of one of the representatives of classical literature and science the poet and philosopher Simonides Keosskogo.

In 1837, under the auspices of the Academy of Sciences mnemonist Yazvinsky issued guidance to the study of history. Yazvinsky argued that all historical facts and stories content easily fit in memory, if every single year to link the representation of a certain combination of points placed in different cells of a special mnemotechnical table.

In the 19th century has become a popular system of mnemonics Dane Carl Otto introduced in the practice of some schools in Germany.

By the early 20th century in Russia there was a set of guidelines and manuals to strengthen the memory, the authors of which were in different positions. Thus, the author of "Teaching the mnemonic" V. Farmakovsky wrote: "... our time has mnemonic character profession, whose relationship with science is highly questionable, and coming to the area where the work of professor of magic, etc. Arts, adjacent to a fraud." That period begins with Farmakovsky apparent discrepancy mnemonist ways. Some go through the enhancing the memory through the establishment of artificial associative connections in the memorization of large amounts of non-related information (using different methods, techniques, methods and techniques). Others go through creating conditions for better storage (processing memorized material, age-appropriate and subject of activity, the formulation and realization of goals of memorization, the creation of positive emotions, the repetition of material on a particular system, etc.). Reaching the first path using mnemonics, reaching the second way - teaching mnemonics.

**The benefits of mechanical memory training for developing the ability to store any information**

In 1902-1903. German scientists Maiman and Ebert had 65 experiments: within 36 days, the subjects memorized nonsense syllables. As a result, the ability to memorize poetry, prose and philosophical articles improved. Experiments have shown that with continued practice of mechanical ability to memorize a variety of information has continued to improve, not reaching the limit.

Infinity mnemotechnical development of memory in individuals described in the famous early 20th-century scholar Vine.
In the experiments, and Meiman Ebert attended even 40i 54-year-old. Maiman demonstrated experimentally that the best age to improve the memory of 20-25 years (at that time - student).

Maiman also showed stability of the acquired skills: after 146 days repeated measurements showed earlier successes achieved.

The rate of remembering numbers (G. Chelpanov. O memory and mnemonics. 1903)

"... In order to characterize the close visual and auditory types, let me cite as an example the well-known at the present time the counters - and Diamandi Inaudi. They are called well-known counters because they are mentally generate such numerical operations, that a person with ordinary mental abilities, seems to be completely inaccessible. I cite the example of only two still living at the present time, the counters because they are memory belongs to an entirely different types. Their ability to play explored and described the French psychologist Binet.

The first of these counters, Diamandi, Greek by origin, born in 1868 in one of the Ionian Islands. He prepared for the business and this time found himself the capacity for complex mental calculations. In 1893 Diamandi went to Paris to introduce the members of the French Academy of Sciences, and this is where Binet studied the peculiarities of his memory. Diamandi can mentally perform the following operations base.

He can remember the countless numbers with amazing speed. Binet measured the amount of time that he needs to remember the number, consisting of 10, 15 figures, etc. Here is a table showing the time required to memorize these numbers:

<table>
<thead>
<tr>
<th>Number</th>
<th>The time required to memorize</th>
<th>tsifrdlya</th>
</tr>
</thead>
<tbody>
<tr>
<td>100 m</td>
<td>17 sec.</td>
<td></td>
</tr>
<tr>
<td>151 m</td>
<td>15 sec.</td>
<td></td>
</tr>
<tr>
<td>202 m</td>
<td>15 sec.</td>
<td></td>
</tr>
<tr>
<td>253 m</td>
<td>0 sec.</td>
<td></td>
</tr>
<tr>
<td>304 m</td>
<td>20 sec.</td>
<td></td>
</tr>
<tr>
<td>507 m</td>
<td>0 sec.</td>
<td></td>
</tr>
<tr>
<td>10 025</td>
<td>0 sec.</td>
<td></td>
</tr>
</tbody>
</table>

It can produce a multiplication of multidigit numbers by multi-valued, For example, a 5-digit number on the 5-digit. During the 4 min. 35 sec. he multiplied by 39 257
870326 = 3.428.156.782

But the greatest interest to us is the ability to reproduce Diamandi numbers. Questioning of Binet found that he plays them with the help of numerical charts, which he described and which is attached to the book Binet. Diamandi said Binet, which imagines the number of written and, moreover, written by his own hand. The fact that it visually represents the number itself, shows the following. When he dictated series of digits that he should remember that he found it difficult to reproduce: it was necessary that they
were written. If he showed a number of written, he plays them faster and more accurately than in the case when I had to remember series of numbers, hearing their names. When he was asked a long series of numbers that he has studied them, he asked that they not written in a row, but in the form of a square. Obviously, this he needed to he could have a better look, or cover their eyes.

All these facts show the most obvious way that the representation of numbers Diamandi uses visual images. On this basis, one could conclude that the only way and may be carried out mental calculation, ie when we see a number of our mind's eye written, and when our mental view can cover a large range of numbers, but it turns out that this assumption is wrong, because another famous counter Inaudi, remembers the number anyway.

Inaudi was born in 1867 in Onorato, in Piedmont, in a very poor family. In early childhood he was a shepherd, then became a traveling musician, and to increase their income, he offered to farmers markets its services to the production of calculations. He visited various stores, where visitors of the latter showed his skill to produce very complex calculations in his mind. This he did until until he found a manager who took Inaudi show in the big cities. By the way, he brought him to Paris, where they are interested in the Academy, to whom he showed his skill and mental calculation. He, like all well-known collectors, the addition produces a huge range of numbers, the multiplication of five digits on a five-digit, etc. For example, multiplying 32 978 62 834 he made in 40 seconds.

We consider it art counting from one point of view, namely in terms of its ability to play. Binet asked Inaudi about how he envisions the numbers do not seem to be whether they wrote to him. Inaudi answered this question negatively. "I hear the numbers, he says, my ear catches them, I hear how they sound near my ear, such as I uttered them, and this inner hearing is a significant part of my day. Vision does not help me, I do not see the numbers. I would even say that I'm very hard to remember the numbers when I show the numbers written. I prefer that I told them through words. I feel embarrassed in the first case. I also do not like to write numbers. Scripture is not conducive to memorization. I prefer to hear them." Thus, it is clear that he, in fact, operates with the names of numbers. When Binet persistently asked him, if he does not help vsetaki visual images, he noticed that it can not be because he was only four years ago, learned to read and write, and yet the calculations, which he now produces, he produced and before. Consequently, the visual representation of the numbers can not be for him to have no value. With this was due, and the fact that the repetition number of digits he always asked him to uttered them, saying that so it is much easier to study them. If he still figures showed written, he tried to pronounce them, because, obviously, so he could most easily remember them. If the pronunciation is very clearly whispered. With the help of hearing Inaudi, therefore, could study the numbers much faster than using the view, unlike Diamandi who preferred to his figures showed, and not dictate.

From this it is clear that these two counters are of different types: Diamandi - The visual and Inaudi - to the hearing, as one uses primarily visual, and other - mostly acoustic images. Fortunately, while in Paris, showing his art Inaudi, there was Diamandi and so had the opportunity to make comparisons between them. For this
had to come up with a technique that objectively would show the difference between their ways of remembering.

This technique has been found. It consisted in the fact that Inaudi Diamandi and were invited to examine a series consisting of 25 digits arranged in five rows of five digits in each line. Once they have studied this series, they had to play those numbers in a different order ...

To study the number of 25 digits Diamandi had 3 minutes to Inaudi - 49 seconds, which is time, almost 4 times less ...

The question is, how can we explain this difference? Diamandi while studying a series of numbers is slower, but it plays studied in various directions quickly. This is explained as follows. In the visual memory Diamandi, he plays mostly with the help of visual images. This table is brought before his mind's eye. He directly with her, so to speak, is reading. This process is for him no difficulty is. In the auditory memory Inaudi. He does not reproduce at using visual images, and with the help of acoustic-motor signals, but because when he has to play for him not to look at its inner image, it can do Diamandi ...

**Phenomenal Memory Sherashevsky**


"... For nearly thirty years, the author could systematically observe human whose memory is among the most prominent in the literature.

Beginning of the story relates to the twenties of the 20th century.

In the laboratory of the author - then a young psychologist - a man came and asked him to check his memory.

Man - we call it Sh - was a reporter for a newspaper, and editor of this newspaper was the initiator of his arrival in the laboratory.

I offered some words of Sh, then numbers, then letters, which are either slowly read, anything about in written form. He listened attentively to the information or read it, and then repeated in the exact order of the proposed material ...

Soon, the experimenter began to feel turning into confusion. Increase in number does not lead to any Sh noticeable increase in difficulty and had to admit that the amount of memory it has no clear boundaries ...

Check "Read" series, held a few months later, showed that the S. plays "imprinted" table with the same completeness and approximately the same time that he needed during the initial playback. The only difference is that he needed more time to "Revive" the whole situation, in which the experiments were carried out, - "see" the room where we sat, "hear" my voice, "reproduce" themselves, looking at the board. At the very process of "reading" an extension of time was spent almost ...

**His memory**

Throughout our study was of immediate memorization Sh character, and his arrangements were limited to what he or
continued to see a series of charges against him words or numbers, or turn dictated to him the words and numbers into visual images. The most simple scheme has been memorizing the table of numbers written in chalk on a blackboard ...

"Imprinted" Sh numbers continued to see the same blackboard as they were shown, or on a sheet of white paper, the figures remained the same configuration, and if one of the numbers was written poorly, S. wrong could "consider" it, For example, take 3 or 4 for 8 for 9.

However, attention is drawn to certain features that indicate that the process of remembering is not so simple in nature.

**Synesthesia**

Sh belonged to that remarkable group of people, which, incidentally, was a member and composer Scriabin. He has a particularly striking form the complex remained "synesthetic" sensitivity: each sound is directly gave rise to the experience of light and color, taste and touch. "What you have yellow and crisp voice," he once talked with him L. Vygotsky ...

When heard or read Sh a word - it immediately turned him into a visual image corresponding to the subject. The image was very bright and steadfastly remained in his memory when Sh distracted - this image would disappear, and when he returned to the baseline - this image has appeared again:

"When I hear the word" green ", a green pot with flowers," red ",- by a man in a red shirt that fits him. "Blue" - and from the window of someone waving a blue flag ... Even numbers remind me of the images ... Here

"1" - this pride well-built man, "2" - a gay woman, "3" - a sullen man, I do not know why ...

"6" - a man whose leg was swollen, "7" - a man with a mustache, "87" - I see a fat woman and a man who twists his mustache ...

When S. read a long series of words, each of these words evoked a vivid image, but the words were many, and Charles was to "arrange" these images into series. More often - and this is remained in Sh life - he "was setting" these images on any road. Sometimes it was the street of his native city, the courtyard of his house, depicting vividly in his memory since childhood. Sometimes it was one of Moscow's streets. He often walked down this street - often it was Gorky Street in Moscow, from Mayakovsky Square, slowly moving down, "arranging" the images of the houses, doors and windows of shops, sometimes unwittingly found himself again in his own way and ended Torzhok at home my childhood ...

Getting the sessions of their performances as a job a thousand words, often deliberately difficult and meaningless, Sh forced to turn these meaningless words to him in a meaningful way. The shortest way for this expansion was ... meaningless to him about it into its constituent elements in an attempt to reflect the selected style, using close to his association ... We restrict ourselves to several examples to illustrate that the virtuosity with which the methods used Sh semanticization and eydotehniki ...

In December 1937, Sh was read the first stanza of "The Divine Comedy."

Nel mezzo del camin di nostra vita

Mi ritroval par una selva oscura, etc.

Naturally, he reproduced a few stanzas given to him by the "Divine Comedy" with no errors, with the same accents with which they were uttered. It was natural and that it was given to reproduce them in check, which
was unexpectedly held ... 15 years later!

These are the paths that use Sh to remember:

«Nel - I paid the membership fee and there in the hallway was a dancer Nelskaya, mezzo (mezzo) - I am a violinist, and I put it next to a violinist who plays the violin next - a cigarette," Delhi "- a del; near here, I put Fireplace (camin), di is the hand shows the door; nos - it's nose, a man got his nose in the door and pinched it; tra - he lifts his leg over the threshold, there is a child - it's vita, vitalism; mi - I put the Jew, who said "mi - nothing to do with»; ritrovai - retort, tube is transparent, it disappears - and a Jew flees screaming "wai" - a vai - She runs, and that's on the corner of the KGB - in a cab rides per - a father. At the corner of Sukharevka is a policeman, he pulled out, stands as one (una). Next to him I put the stand, and her dancing Selva (selva); but that it was not Silva - below the break stage - the sound of "e". From the rostrum protruding axle - it sticks in the direction of the chicken (oscura )...»

It would seem a chaotic conglomeration of images only complicates the task of remembering ... but the poem is given in a tongue, and the fact that S., having spent listening to the stanza and composition of images no more than a few minutes, can accurately reproduce the text and repeat it ... 15 years, "reading" the value of the used images, shows how important it got to the information given above ...

And yet how little we know about this wonderful memory! How can we explain the strength with which the images are stored in S. For many years, if not decades? What explanation can we give to the fact that hundreds of thousands of series, which he remembered, did not inhibit each other and that could selectively Sh almost back to any of them in 10, 12, 17 years?

We have already said, we know that laws do not explain the peculiarities of memory Memory S.

Traces of the same stimuli do not slow down his tracks the other stimuli, they show no signs of fading, and do not lose their selectivity, in Sh can not be traced or the limits of its storage volume and duration, nor the dynamics of the disappearance of traces over time, he can not identify any of the "edge factor" by which each of us remembers the first and last elements of the series is better than located in the middle ...

So far we have described the remarkable abilities, which showed Sh in remembering the individual elements - figures, sounds and words. Whether these abilities are preserved in the transition to memorize more complex material - visual situations, texts, persons? Sam S. has repeatedly complained about the ... poor memory for faces. "They're so fickle - he said, they depend on a person's mood, from the moment of meeting, they changed all the time, are confused by color, and therefore so difficult to remember ..."

"This is another example. Last year I was chairman of the trade-union and I had to disassemble the conflict ... I talk about performances in Tashkent, the circus, then in Moscow, and now I must "move" from Tashkent to Moscow ... I see all the details, but after all this I have to throw away all this excess is, in fact, it does not matter where they are agreed in Tashkent or anywhere else ... Matter what the conditions were ... And now I have to pull a large canvas, which would shut out all the extra, so I do not see too much .......

His world
Man lives in a world of things and people. He sees things and hears sounds. He takes the word ...

Does all of this in S. as the ordinary man or his world at all another?

"... I'm sitting in a restaurant - and the music ... You know, what music? When it all alters the taste ... And if you pick it up as needed, everything is delicious ... Perhaps those who work in restaurants, are well aware of this ... "And:" ... I always feel these feelings ...

Catch a tram? I feel teeth on his clash ... So I went to buy ice cream to sit there and not hear it clank. I went to morozhenschitse and asked what she has. "Ice cream!" She replied in a voice that a pile of coal slag black jumped out of her mouth - and I could not buy ice cream, because she said so ... And yet, when I eat, I do not take, When read, the taste of food suppresses sense ...

His whole world is not like us. There is no border colors and sounds, and sensations to taste and touch ... Smooth and rough sounds cool colors, paint salty and bright light and smell the prickly ... and all of this is interwoven, already mixed and it is difficult to separate from each other ...

His mind

We looked at memory and made a cursory S. excursion into his world. It showed us that this world is very different from ours. We have seen that it is - a world of colorful and complex images, in the words trudnovyrazimyh experiences in which one sensation imperceptibly into the other ...

How is it constructed the mind? What is characteristic of his cognitive processes? Sam S. characterizes his thinking as "speculative." It is the mind that works with the help of sight, mind-visual ...

What the others think that they are vague, here, sees it. Before him there are clear images, which borders on the palpability of reality, and his thinking - is further operations with these images. Naturally, such a clear vision of creating a number of advantages (to some very significant shortcomings, we shall return below). It allows you to better navigate the Sh narrative do not miss a single detail, and sometimes ignore the contradictions that are not noticed by the author himself ...

"... Who read the "Chameleon"? "Crazy out in a new coat ..." When he went out and saw this scene, he says, "Come on, sergeant, take off my coat ....». I think I made a mistake, I see the beginning - yes, there was a coat ... Chekhov was wrong, not me ........

Brighten act mechanisms of visual thinking in solving those problems in which the initial abstract concepts come into sharp conflict with the particular visual representations; Sh is free from this conflict - and that hardly seems to us, they can be easily seen ...

"... I offer a challenge:" The book is bound 1p. 50 kopecks. The book is more binding for 1 USD. How much does the book cover and how much? " I've decided it's quite simple. I have a book lies in the red-bound book costs more than the binding to a rub ... It remains part of the book, which is equal to the cost of binding - 50 kopecks. Then I join this portion of the book - get one now. 25 kopecks ...

His "will"

Can we wonder that the exclusive on its brightness
Sh imagination will inevitably cause the reaction of the body and that control processes of the body through that imagination is far greater than he in the complexity of what is known from observations of ordinary people ...?

"... When I want something, anything to present, I do not have to make an effort to do it by itself ... "Sh, not only said that he can arbitrarily regulate his heart and his body temperature. He really could do it - and, moreover, a very considerable range ... "... You want to keep the temperature right arm raised and lowered the left? Let's get started ... "We have a dermal thermometer ... we check the temperature of both hands, it is the same. We are waiting for a minute or two ... "Now begin!". We are putting the thermometer again to the skin of his right hand. Her temperature was two degrees higher ... And the left? Another pause ... "Now ready ..." The temperature dropped his left hand and a half degrees.

What is it? How can you on the instructions of arbitrarily control the temperature of your body?

"... No, this is also not surprising! Here I see that put my right hand to a hot stove ... Oh, how she is hot ... Well, of course, its temperature was above! And in his left hand I hold a piece of ice ... I see this piece, here it is in my left hand I held her ... Of course, it gets colder ...»....

**His personality**

How does a person formed Sh? How was his biography?

It's small. He had just started going to school. "... That morning ... I have to go to school ... Already nearly eight hours ... We must get up, get dressed, put on his coat and hat, galoshes ... I can not stay in bed ... and now I'm starting to get angry ... I can see, how should I go to school ... but why "he" does not go to school ...? That "it" up, dressed ... Here "he" already went to school ... Well, all right now ... I stay home, and
"He" would go. Suddenly, the father is, "So late, and you have not gone to school ?!...»....

How many cases of brilliant images come into conflict with reality and begin to interfere with the implementation of well-trained!

He is always waiting for something and wanted more, and "saw" rather than acted. He has always had an experience that should happen is something good, something has to resolve all issues, that his life suddenly becomes so simple and clear ...

And he "saw" it, and waited ... And all he did was "temporary", that is, still expected to happen very ...

So he remained unsettled man, a man who changed dozens of professions, all of whom were "temporary." He ran errands editor, he acted in a music school, he played on stage, was the innovator, then mnemonist, recalled that he knew Hebrew and Aramaic languages, and began to treat people with herbs, using these ancient sources ...

**Nekotoryefakty**

In his book "Mnemonics" ND Slouscha, published in 1893 in Odessa, says: "The base mnemonics put the Greek philosopher Pythagoras, who called her mnemonics (the art of memory), and dealing with it - mnemonist. Mnemonics used Simonides and later Cicero, who wrote in his treatise: "I am indebted to the science. It is needed for every memory, as the best and the worst."
In the late 18th century, the methods developed mnemonics Jewish scholar from Italy, Leon de Modena.

By the end of the 19th century, specialists in GMS ® has been a lot of Carl Raventlov and Kotte from Germany, Hugo Weber Rump of England, Aimee de Paris of France, prof. G. Chelpanov from Russia and others.

The main provisions of the book Slouscha:

• presentation is nothing more than a fleeting state of mind caused by impulse, take effect from the outside to our soul through the senses. While this impulse lasts and lasts and its effect - - due to his state of mind which we experience as consciousness experienced by the pulse, as a representation of it;

• 4 of the law of association of ideas: the law of similarity, the law of contrast, law and order law of simultaneity. At the heart of all 4 of the laws is a principle - a comparison. All the laws are working to establish relationships;

• to establish links mnemonics memorized divides the material into individual words. These words are divided into three classes: single words (separate names, names, terms, etc.), slovavospominaniya (keywords text), word-numbers.

Next Slousch gives primitive methods of memorizing lists of words (using semantic ligament) and numbers (by translating numbers into words in the letter and the subsequent binding of the resulting word in the chain). The examples of memorizing poetry, the simplest of financial data cards.

Appendix 2

Assessment of learning outcomes GMS ®

GMS ® training course is aimed at compensation, "Natural imperfections" of human memory, which normally include:

• very poorly remembers the exact details;
• virtually no stored sequence information;
• amount of information memorized in a single perception is extremely limited.

In modern psychology, it is generally accepted that the ability to memorize a sequence of 20 digits - the exceptional cases. If a person remembers 50 or more digits - Psychologists talk about a phenomenal memory. Usually a person can not remember more than 7.9 digits of a digital random number that is perceived by the ear.

Final tests in GMS ® is made in such a way to objectively determine the following characteristics of the process of memorization in the last course:

• the ability to learn different kinds of precise information;
• ability to remember the sequence of information (recall of sequence is considered an error);
• the ability to learn a considerable amount of information;
• ability to memorize memorized information (material control work is remembered and remembered a whole, not individual parts.)

A sample version of the control work on GMS®

1. Remember the sequence of words:
   thrust belt glasses stool toy lantern grain pan pocket Africa penguin iron cover braces bread machine eye boat engine barometer face coffee ice snow Colonel fuel oil tray river

2. Remember the sequence of numbers:
   62 86 36 99 81 44 31 96 61 39 85 78 15 92 89 12 20 72 19 88 22 69 78 35 28 09 71 12 37 80 76 12 53 38 16 97 22 18 36 14 22 59 05 57 38 76 41 95 10 28 13 25 63 32 81 19 76 54 71 34

3. Remember the names of firms and telephone numbers:
   Mogyurt 252-00-19 Bias 930-47-93
   Artson 267-95-18 Sibul 258-44-75
   Prokom 235-24-03 Konesp 487-38-42

4. Remember historical dates:
   1216 - Battle of Lipetsk
   1036 - construction of the Savior Cathedral in Chernihiv
   1157 - Death of George Dolgoruky
   1209 - uprising in Novgorod
   921 - Journey of Ibn Fadlan on the Volga
   1103 - Congress of Princes Dolobsky

5. Remember amphibians:
   Ringed caecilians - ambistoma - axolotl - the fiery salamander - crested newt - pipa
   Suriname - midwife - Bombina bombina - tree frog - gray toad - a green frog

6. Remember pronunciation of foreign words:
   Change Hank Smoke Kemuri
   Fruit Kudamono Circle Mawari
   Three Mitsui Always Itsumo
   Cook Neeru Tram Densya
   Weight Omosa Movie Eyga

Verification is done in the following order.
1. Students are distributed leaflets with the control work, preferably in several different ways (excludes charge-offs in remembering). Given the task to remember the material control work at once in full, with a mandatory sequence of memorizing information. Time memory - 1 hour.

2. We recommend the following order of memorization. Remember the first item (a string of words) and make the control recall. Then remember the second task, and also to check recall. After storing all six tasks to control remembering of all the information (all six tasks). Thus, for 1 hour, students have the opportunity to double the mentally repeat information (parts and whole) and additional memory to remember the lost of information.

3. After the time sheets with job control and climb a few students are heard oral problems. It is necessary for repression of information from consciousness.

   Examples of verbal problems.
   
   a) On the two shelves 36 books. And on the first two times more than the second. How many books on each shelf?
   b) On 3 November 1998, a Tuesday. What day of the week was October 22, 1998 year?
   c) Do the math in your mind, how much will be eighteen in a square?

4. After solving the tasks are distributed blank sheets of paper on which are written recall information.

Assessment of the control work

The number of images contained in the control work is defined by the teacher. The word "draft" - one image. Number 36 - a single image. Telephone Number "Mogyurt 252-00-19" - 5 images (could yurts 252 00 19). Journey of Ibn Fadlan on Volga in 921 AD - 6 images (trip-bin Lan Volga FAD 921).

The image that is on the letterhead of place (of sequence), is considered erroneous.

If you are remembering a phone number correctly recorded two numbers (Mogyurt 252-19-00), on the form put two minuses and the phone number is counted as three images instead of five.

When checking the control work correctly calculated the total number of images pripomnennynh - pieces of information. Then calculates the quality of memory as a percentage of the total volume of stored data.

By percentage of total memory can determine student performance:

90-100% - well
80-90% well
70-80% satisfactorily
Less than 70% unsatisfactorily

The practice of conducting studies show that students who regularly attend classes and conscientiously perform their homework, get a quiz rated "excellent", ie demonstrate ability 100% accurate information of remembering.

Appendix 3

Determination of memorization skill

A person can not read the text, if he can not read individual words and syllables. Similarly, it is impossible to remember exactly paragraph textbook, if you can not store data elements that make up the text (name, surname, concepts, numerical information). These accurate information in the brain do not cause any images, ie simply ignored by the brain.

It is very easy to check. Take a history book and a survey of students who have studied the history of this textbook. You are probably surprised, but the overwhelming majority of educational information, not only do not remember, but not even recognized. A typical answer to the question "What are members of the Unofficial Committee" will be: "What is it we were?"

Similar questions on exams will cause the just indignation of not only students but also teachers, because many people think that the lack of ability to remember exactly - is the norm.

Meanwhile, all the accurate information books can be stored safely and without much effort, provided that person simply does not know how to memorize, but it also formed the skills of memorization. Know and be able - two different things. We remind you that in GMS ® word "remember" does not mean the same thing that is usually meant by remembering. Mnemonic memorization - it saves a single perception of the extent of one hundred or two pieces of information.

Memorization skill is determined by the following characteristics:

• a memory figurative codes, can store information quickly enough;
• The ability to quickly encode to-remember information in images and associations;
• The ability to quickly associate the images;
• the ability to hold in memory-related imagery once for about an hour;
• High attention, allowing effectively to carry out operations on memorization and recall in a long time without fatigue;
• the ability to mentally repeat large amounts of stored information for fixing in the memory;
• availability of system memory support images, allowing you to store the sequence information.

The longest stage of memory - is encoded. Rate
coding depends not only on your skill, but on the complexity of stored information. Therefore, when determining the skill of memorization step of encoding should be excluded. This is done by presenting the two-digit numbers to memorize. They are figurative codes and must know every person who is trained memorization technique. If you do not know the figurative codes of numbers, which means that you can not remember the numerical data, in terms of greater than one or two telephone numbers.

After learning two-digit numbers immediately perceived as visual images, recognition of their time is 2-3 times greater than the reaction time. It is therefore assumed that you immediately start to memorize, without spending time on coding. In this respect, numerical information (two-digit numbers) to remember the simplest.

Elimination of process memory encoding step renders all equal before the testing program and allows you to test memorization skill in its pure form, which is determined by:

- speed memory;
- reliability of memory (errors in recollection);
- sustained attention (in terms of numbers memorized).

If a person is able to store the numerical information (which is a usual way), he surely will remember and other information (which are also translated into images) as well as a technique of memorization of different types of information is practically the same. For example, foreign words are memorized like telephone numbers.

The program "Master of Memory," defines the skill of memorization in its purest form. However, this skill can only be determined at the last training GMS ®. Others on the program can only determine their ability to learn with respect to the norm. Normally, a person learns at an introductory test from zero to 12-digit numbers. On average - 5. This number equates to a rate of 1. A further increase in the ability to memorize is defined with respect to the norm, that is the human ability to remember only 5 numbers.

High rates, which are available for testing in this program (increasing the ability of storing up to 60 times), are associated not with the wonderful possibilities of mnemonics, which are modest, but with very low rates of "normal" memory, which features almost nil.

"Master of Memory"

Examination Program "Master of Memory" (Version 2.1) is designed for precise control of the learning outcomes for the course "Mnemonics".

Can be used:

- as a trainer for students memorization technique;
- to determine the skill of memorization in persons who received special education;
- to determine the initial capacity of memorization in the "newcomers";
- certification for teachers of courses aimed at developing the ability of memory;
• for competitions in GMS ®.

With this program, "Master of Memory", you can compare the speed capabilities of their memory with the results of the officially registered.

The program tests:
• the amount of memory;
• reliability of memory;
• speed memory.

These characteristics are automatically summarized in the indicator "increase the ability of memory" (compared to the norm).

Tests carried out on double figures, placed on the program in a random order. Numerical information - the most simple method of mnemonics to remember. Entering numbers into the program does not require special skills to work with the keyboard.

The program "Master of Memory" has three modes:
• "Introductory Test";
• "Training";
• "Examination test."

"Introductory Test"
The volume of memorized information is not changed and is equal to twenty two-digit numbers. Numbers are presented one by one automatically at 6 seconds.

Application
• Determination of the initial capacity of memorization in the "newcomers" (those who do not teach techniques of memorization).
• Admission to the examination tests. Trained memorization technique must successfully complete an introductory test (coefficient 3,6-4).

"Training"
The volume of memorized information from 20 to 1000-digit numbers (by choice). The output numbers performed by clicking the "next number" with the mouse.

The test does not make an assessment. Just shows the result of memorization (volume, speed, errors) and makes it possible to compare it with the regulatory performance and world record speed of memorization.

Application
• Testing of different methods and techniques of memorization.
• The possibility of a gradual increase of volume and speed of memory.
• Fixing in the memory system of support images.

"Examination test"
The volume of memorized information from 20 to 1000-digit numbers (by choice).
The output numbers performed by clicking the "next number" with the mouse.

Introduced strict limits on the speed and number of memory errors.

The test shows your rate "increase the ability of memory" (compared to the norm) and in accordance with this ratio puts the estimate (see table).

*Dependence of the estimate of the volume*

<table>
<thead>
<tr>
<th>Factor</th>
<th>Evaluation</th>
<th>Minimum number of memorized numbers</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 - 3.6</td>
<td>2</td>
<td>0</td>
</tr>
<tr>
<td>3.7 - 11.3</td>
<td>3 -</td>
<td>18</td>
</tr>
<tr>
<td>11.4 - 18.8</td>
<td>3</td>
<td>57</td>
</tr>
<tr>
<td>18.9 - 28.4</td>
<td>4 -</td>
<td>95</td>
</tr>
<tr>
<td>28.5 - 37.8</td>
<td>4</td>
<td>145</td>
</tr>
<tr>
<td>37.9 - 47.4</td>
<td>5 -</td>
<td>190</td>
</tr>
<tr>
<td>47.5 - 56.9</td>
<td>5</td>
<td>238</td>
</tr>
<tr>
<td>57 and spanning more</td>
<td>Master remembering</td>
<td>285</td>
</tr>
</tbody>
</table>

*Standard values*

1. "Norm" - the ability of remembering the zoom ratio is 1. This is the average of the store to "test the Starter" people do not know the technique of remembering.

2. "The amount of memory" - the number of two-digit numbers, "ordered" you to the test.

3. "Reliability of memory" - the number of errors with the introduction of numbers into the program. Fewer mistakes, the higher the reliability.

4. "Speed of Memory" - the average time memorizing a two-digit numbers.

5. "Standard rate of memory" - is equal to 6 seconds to memorize a two-digit number. If your speed is greater than 6 seconds, it will underestimate the rate. If your speed is less than 6 seconds, the ratio will increase.

6. "Dependence on the coefficient estimates." Range from 0 to 60 is divided into equal parts, each of which corresponds to the rating of "2" to "Master of Memory."

7. Dependence of the estimate of the volume of memorized information, refer to the table.

8. Dependence of the estimate of the errors. Permissible errors in recollection (within 10%) will reduce the rate.
9. Limiting the time of remembering. Upon exceeding an average speed memory standard for more than 6 seconds, the program terminates without reporting the results of testing ("test fails").

10. Restriction on errors. If the examination tests for entering numbers allowed more than 10% of the errors, the program terminates without reporting the results of testing ("test fails").

"Master of Memory" - a specialized program - can be used to assess the capability of storing only the streets, specially trained. Standard values obtained by testing inherent in the program evaluation system on a large number of people. Assessment to "4" can get almost anyone graduate courses equipment store. To get higher ratings students must persevere in carrying out training tasks.

Indicator of "normal" (coefficient 1) is easily verified by opening the test. Of course, people are not trained in GMS ®, can not remember the number. And the more they are able to consistently remember once imposed terms, phone numbers, historical dates, and other similar information.

This program tests the skill of memorization formed in pure form (excluded phase encoding into the images), and reflects the dynamics of attention and visual thinking.

Since the basis of any art store is one and the same mental operation "Connecting Images", the ability to effectively memorize series of numbers with a single perception suggests that other types of information will be remembered just as effective.

The authors continue to keep statistics of the program courses mnemonics and reserve the right to make changes in performance standards.

**Test speed of recognition**

When memorizing figurative codes, signs, symbols and foreign words are not enough ordinary recall. With respect to recall these items of information should be automatic. For example, the perception of a number of two-digit numbers corresponding images should appear in your mind very quickly and without volitional control - just as your hand pulls back from a hot iron, you want it or not.

To test the speed of recognition using a card or a special program must meet the figurative codes in random order and determining the rate of recognition (in the mind of the image). In determining the rate of recognition must be submitted on this figurative codes in random order to avoid additional linkages formed during the initial memorization figurative codes (in sequence).

To determine the rate of recognition of cards, check the start time and end recognition figurative codes. Then divide this time by the number of cards. The test is used for self-control, so no one will overestimate the results because there is no point in deceiving yourself.

In assessing the quality of fixing figurative codes you can rely on a time equal to 0.35 seconds. This is the average speed of the images in the perception of two-digit numbers, measured in a person who is fluent mnemonics (pre-test on "Master of Memory"), in
reaction rate of 0.14 seconds.

Annex 4

Figurative codes numbers

Figurative codes double and three-digit numbers are based on the alpha-
digital code:

1 or 2 DT 3 CH
4 CHSCH 5 PB6 SL
NW 7 8 WF 9 RC0 NM

An example of making words out of letter combinations: 900 RC NM NM

Often used in coding phrases (adjective plus noun):

925 - RTSDTPB - P W D - with rubber truncheons.

In some cases, because of the difficulty in finding words, coding is not
consistent with the general rules.

You can edit the list on your own, eliminating unintelligible words and inscribing
in their place, others.

<table>
<thead>
<tr>
<th>0 - A</th>
<th>10 - Fire</th>
<th>20 - House</th>
<th>30 - icon</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 - Cm</td>
<td>11 - Gagarin</td>
<td>21 - Iron</td>
<td>31 - Leather</td>
</tr>
<tr>
<td>2 - Poison</td>
<td>12 - Guitar</td>
<td>22 - Diode</td>
<td>32 - Keith</td>
</tr>
<tr>
<td>3 - Ear</td>
<td>13 - Nut</td>
<td>23 - Perfume</td>
<td>33 - Cake</td>
</tr>
<tr>
<td>4 - Tea</td>
<td>14 - Sapper</td>
<td>24 - Game</td>
<td>34 - Kochan</td>
</tr>
<tr>
<td>5 - Wallpaper</td>
<td>15 - Lips</td>
<td>25 - Axe</td>
<td>35 - Cube</td>
</tr>
<tr>
<td>6 - Whirligig</td>
<td>16 - Gouache</td>
<td>26 - Shower</td>
<td>36 - Clay</td>
</tr>
<tr>
<td>7 - Wasp</td>
<td>17 - Gus</td>
<td>27 - Ace</td>
<td>37 - Spit</td>
</tr>
<tr>
<td>8 - Willow</td>
<td>18 - The Nail</td>
<td>28 - boa</td>
<td>38 -</td>
</tr>
<tr>
<td>9 - Egg</td>
<td>19 - The</td>
<td>29 - Turk</td>
<td>39 - Anchor</td>
</tr>
<tr>
<td>40 - Kettle</td>
<td>50 - Bayan</td>
<td>60 - Bus</td>
<td>70 - Sunny</td>
</tr>
<tr>
<td>41 - pot</td>
<td>51 - the chase</td>
<td>61 - Ski</td>
<td>71 - Cigar</td>
</tr>
<tr>
<td>42 - Shield</td>
<td>52 - Bit</td>
<td>62 - Rook</td>
<td>72 - Strainer</td>
</tr>
</tbody>
</table>
43 - Eyewear  53 - Spider  63 - Lake  73 - LANGUAGE
44 - Scarecrow  54 - Furnace  64 - Ray  74 - net
45 - Chip  55 - desk  65 - Magnifier  75 - Tooth
46 - Cup  56 - Pialat  66 - Shiloh  76 - Sol
47 - Hours  57 - Beads  67 - Fox  77 - Sauce
48 - Sorrel  58 - Beer  68 - Tin  78 - Safe
49 - Skull  59 - Pen  69 - BALL  79 - Cheese

80 - Hairdryer  90 - A glass
81 - Wagon  91 - Horn
82 - Cotton  92 - Radio
83 - Vaks  93 - Cancer
84 - VEGETABLES  94 - Pen
85 - Vobla  95 - Leach
86 - Pitchfork  96 - Rudder
87 - Libra  97 - Rose
88 - Waffles  98 - Harp
89 - Farah  99 - The radio

001 - cuff  011 - Little burn
002 - Coin  012 - Nails
003 - Monocle  013 - Knife
004 - Nunchaku  014 - little bugs
005 - Membrane  015 - Little Oboe
006 - Dickey  016 - ANGEL
007 - Pineapple  017 - Highway
008 - Nymph  018 - Saw
009 - Muzzle  019 - HANGAR
020 - Pendulum  030 - Amanita
021 - integral  031 - Mike Leather
022 - Mediator  032 - Layout
023 - LED  033 - Macaque
024 - The thread  034 - midden
025 - Motoblock  035 - Incubator
026 - Broom  036 - Flycatcher
027 - toilet  037 - "Maxim"
028 - Needle file  038 - Mokhovikov
029 - Metro
040 - Night Light
041 - nickel. Siskin
042 - Mosque
043 - Ball
044 - Pike Mal.Cheshuychataya
045 - nickel. INSIDE
046 - Washcloths
047 - shaggy
048 - Ball Football
049 - Hearts

050 - Raspberry Peony
051 - Halo God
052 - Moped
053 - Heel
054 - The new furnace
055 - The new "Victory"
056 - ampoule
057 - Skyscraper
058 - Nedozh.Bifshteks
059 - thimble
060 - Mill
061 - Analgin
062 - Hammer
063 - Milk
064 - Clypeus
066 - The Mousetrap
067 - emulsion
068 - Patch
069 - Muscle
070 - Dunno
071 - Brain
072 - BRIDGE
073 - Mask
074 - Socks
075 - Forget-Me
076 - Stretchers
077 - PUMP
078 - Title
079 - Rhino
080 - Malen.ViNtik
081 - Malin.FuZher
082 - Invisible
083 - Neytral.FiKsazh
084 - Thumbelina
085 - Amphibious
086 - Pillow
087 - Mausoleum
088 - The new "WEF"
089 - MAVR

090 - Marmalade
091 - Ice Cream
092 - Shock
093 - Carrot
094 - Handcuffs
095 - Copper Chain
096 - NyRyaLytsik
097 - MARS
098 - Ant
099 - Narcissus

100 - TABLE
101 - GONG
102 - fire extinguisher
103 - Hammock
104 - Pearl
105 - Hamburger
106 - Ginseng
107 - Jack
108 - flint
109 - Generator
110 - Giant
111 - Hunger. Eider
112 - HARNES
113 - Bent Nut
114 - Yellow thick
115 - Gol.Gubn.Pomada
116 - Lada
117 - clay. Gus
118 - Bent Nail
119 - is enormous. Gore
120 - Badge
121 - Iron Dog
122 - clay. Dudka
123 - Viper
124 - bullet
125 - Giant Oak
126 - Gutalin
127 - Bent DiSk
128 - Yellow Sofa
129 - Hydrant
130 - blue window
131 - rough skin
132 - Jacket
133 - Hungry CoC
134 - Gravel Pile
135 - The Iron Heel
136 - nozzle
137 - Lawn Mower
138 - Blue Rug
139 - Geographer. Map
140 - Deep Chan
141 - Smooth Iron
142 - Iron Brush
143 - Beetle
144 - Bent Scarecrow
145 - Iron Chip
146 - Blue Cup
147 - Iron Clock
148 - Yellow Sorrel
149-Yellow Devil

150 - Hypnosis 160 - GLyaNtsevatel
151 - Yellow Mushroom 161 - Hologram
152 - Yellow Pillows 162 - Acorn
153 - Sponge 163 - Galaxy
154 - Sponge ... 164 - Tick
155 - Hippopotamus 165 - Globe
156 - Tapestry 166 - Muffler
157 - Gypsum 167 - Tie
158 - Zhigulev. Beer 168 - Tadpole
159 - Dimensions 169 - Gallery
170 - Caterpillar 180 - Havana
171 - dirty. Soot 181 - Blue Fougeres
172 - Newspaper 182 - Beef
173 - "jeep" 183 - Gas. Torch
174 - Bent net 184 - Gum
175 - Gas Pipeline 185 - Iron. Vibrator
176 - Rod 186 - Iron. Fork
177 - (a) SoSalka 187 - Nailing
178 - Iron. Siphon 188 - glazes. Waffles
179 - Soda 189 - Guard

190 - Garnet
191 - Garage
192 - Thermometer
193 - plummet
194 - Mustard
195 - MUSHROOM
196 - Warmer
197 - stub
198 - Decanter
199-cucumber

200 - Speaker 210 - Jeans
201 - ToMoGavk 211 - Length. Gagarin
202 - TENT 212 - Raincoat
203 - TANK 213 - Trees. Nut
204 - stickjaw
205 - Tumbler
206 - Fat Zero
207 - Dinosaur
208 - Diary
209 - "Thonar"
210 - Grandfather Frost
211 - Two iron
212 - Two diodes
213 - Two "Kizhi"
214 - Tractor
215 - Jeep
216 - two blue
217 - JAZZ
218 - Contract
219 - stand
220 - Tachometer
221 - Two iron
222 - Two diodes
223 - Length. Spirits
224 - Fife
225 - two axes
226 - Woodpecker
227 - Length. Fruitcake
228 - Two Kochan
229 - Porcupine
230 - Recorder
231 - Two "Kizhi"
232 - Recorder
233 - Length. Fruitcake
234 - Two Kochan
235 - Porcupine
236 - cologne

238
274 - Thousand 284 - Girl
275 - DSP 285 - Two roach
276 - Antifreeze 286 - Teflon
277 - Two SoSalki 287 - DVuZubets
278 - thick. Pig 288 - Two Waffles
279 - Dessert 289 - screwdriver

290 - horizontal bar
291 - Airship
292 - CAKE
293 - Cockroach
294 - Ratchet
295 - Trumpet
296 - Drill
297 - Briefs
298 - Wood
299 - Suicide

300 - Fireplace 310 - leather jacket
301 - Book 311 - Red manure
302 - Capacitor 312 - Talon
303 - Skates 313 - COVER
304 - Kumach 314 - number "Pi"
305 - Button 315 - KGB
306 - Reed 316 - Bowling
307 - Canister 317 - Handsome. Jasmine
308 - Sweet 318 - (three) nails
309 - Tuning Fork 319 - Peel
320 - Chitin 330 - battery
321 - Hot Dog331 - Handsome. Kizhi
322 - Cathode 332 - Cactus
323 - clocks 333 - Coca-Cola
324 - Ketchup
325 - Catapult
326 - Reel
327 - Kutuzov
328 - Hearse
329 - BOAT
330 - Predator
331 - Three Chizha
332 - Kochetov
333 - Rubber
334 - (three) Scarecrow
335 - Crooked Cube
336 - Doll
337 - Coconut
338 - Strong coffee
339 - Accordion
340 - Three Heroes
341 - Kocherga
342 - Kettle
343 - Trap
344 - Crystal Chip
345 - Swing
346 - calculator-watch
347 - Lots of Hair
348 - Three Heroes
349 - "Colgate"
350 - Cabin
351 - Hood
352 - Capsule
353 - Cold beer
354 - Zucchini
355 - Crunch. Dropper
356 - Tractor
357 - Holster
358 - Beautician
359 - A bunch of Soot
360 - Calendar
361 - Wicket
362 - Enema
363 - Calculator
364 - KEY
365 - BREAD
366 - Stick
367 - Harpsichord
368 - Clarinet
369 - Coffee
370 - Cuvette
371 - Quaker
372 - Cutter
373 - Kwacha
374 - Kraen. "ZiPo" 385 - Cowboy
375 - Goats
376 - Cassette
377 - Body
379 - Box of Cheese 389 - Watercolor

390 - Corona 391 - Mug 392 - Trough 393 - Crocodile 394 - Hook 395 - CRAB 396 - Cover 397 - Cross 398 - Shrimp 399 - Chicken

<table>
<thead>
<tr>
<th>Page</th>
<th>Word</th>
<th>Page</th>
<th>Word</th>
</tr>
</thead>
<tbody>
<tr>
<td>444</td>
<td>Cha-Cha-Cha (dance)</td>
<td>450</td>
<td>Crushed</td>
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<td>445</td>
<td>Four Splinters</td>
<td>451</td>
<td>Black Behemoth</td>
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<td>446</td>
<td>Scarecrow</td>
<td>452</td>
<td>Pinch</td>
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<td>447</td>
<td>The fourth part</td>
<td>453</td>
<td>Sliver</td>
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<td>Shelled. Fruit</td>
<td>454</td>
<td>Tweezers</td>
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<td>Chetyrehgolovyi pangolin</td>
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<td>Reading. apparatus</td>
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<td>Chesnoch. Sauce</td>
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<td>481</td>
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<td>Black. Figurine</td>
<td>482</td>
<td>Clean Water</td>
</tr>
<tr>
<td>482</td>
<td>Clean Water</td>
<td>483</td>
<td>Black. Switch</td>
</tr>
<tr>
<td>483</td>
<td>Black. Switch</td>
<td>484</td>
<td>clean clothes</td>
</tr>
<tr>
<td>484</td>
<td>clean clothes</td>
<td>485</td>
<td>worm-eaten apple</td>
</tr>
<tr>
<td>485</td>
<td>worm-eaten apple</td>
<td>486</td>
<td>Sorrel</td>
</tr>
<tr>
<td>486</td>
<td>Sorrel</td>
<td>487</td>
<td>Black. Business Card</td>
</tr>
<tr>
<td>488</td>
<td>Black. Elm. Mitten</td>
<td>489</td>
<td>Blueberry Jam</td>
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<td>Blueberry Jam</td>
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<td>Ink</td>
</tr>
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<td>490</td>
<td>Ink</td>
<td>491</td>
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<tr>
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<td>Drawing</td>
<td>492</td>
<td>Damn</td>
</tr>
<tr>
<td>492</td>
<td>Damn</td>
<td>493</td>
<td>ChiRKalka</td>
</tr>
<tr>
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<td>494</td>
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</tr>
<tr>
<td>494</td>
<td>Drawing</td>
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<td>496</td>
<td>Cherry</td>
</tr>
<tr>
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<td>Cherry</td>
<td>497</td>
<td>stale bread</td>
</tr>
<tr>
<td>497</td>
<td>stale bread</td>
<td>498</td>
<td>Worm</td>
</tr>
<tr>
<td>498</td>
<td>Worm</td>
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</table>
499 - Lizard

500 - Banana 510 - PJ
501 - Penguin 511 - Trunk
502 - BINT 512 - Jewellery
503 - Binoculars 513 - Spotted Beetle
504 - Jar 514 - Pugach
505 - Bomba 515 - Striped Toad
506 - Foam 516 - Scarecrow
507 - Pumice 517 - Pegasus
508 - Pneumatics 518 - Button
509 - Panorama 519 - lampshade
520 - Web 530 - Picnic
521 - Jacket 531 - Eggplant
522 - Pallet 532 - Lens
523 - Heel 533 - Striped Cactus
524 - Piglet 534 - Bakhcha
525 - Backup 535 - Spotted Cube
526 - Bottle 536 - Boca
527 - holder 537 - BOX
528 - Gramophone 538 - Letter
529 - Powder 539 - Bekar

540 - Cookies
541 - Pichugov
542 - Printing
543 - RESERVOIR
544 - Striped. Scarecrow (zebra)
545 - Striped. Sliver
546 - Bee
547 - Striped. Watches
548 - Soil
549 - Spotted Worm

550 - Tambourine 560 - Soldering
551 - Parrot 561 - PLOUGH
552 - Dropper 562 - Tent
553 - Folder 563 - Cannon
554 - Butterfly 564 - The Executioner
555 - Baobab 565 - Half Bottles
556 - Ashtray 566 - Balalaika
557 - Papuan 567 - plasticine
558 - Paul-tusk 568 - Ladle
559 - Fern 569 - Finger
570 - Letter 580 - Tusk
571 - Landscape 581 - Striped. Wagon
572 - Pistol 582 - leash
573 - Basketball 583 - ottoman
574 - Sandbox 584 - Striped. vegetable
575 - Passport 585 - Beer Keg
576 - piezo 586 - Peacock
577 - White Sauce 587 - Dressing
578 - Spine 588 - Brewer
579 - Bubble 589 - Singer

590 - Pyramid
591 - Spring
592 - mask
593 - Wig
594 - Pins
595 - Drum
596 - Parachute
597 - Sailing
598 - Balance Beam
599 - Pepper

600 - LEMON 610 - Pedometer
601 - Linguaphone 611 - Light plummet
602 - Lily of the Valley 612 - LiGaTo
603 - Ruler 613 - Spoon
604 - Silk Ball 614 - Light Chips
605 - Lamp 615 - Algebra
606 - The Overcoat 616 - Frog
607 - DIAMOND 617 - Lung Hay
608 - sloth 618 - Purple Pink
609 - Braid
620 - Rod
621 - Loggia
622 - tripod
623 - Snail
624 - Keel
625 - Corkscrew
626 - Hands
627 - Lotus
628 - Masterpiece
629 - Helm
640 - Luchina
641 - shining eyes
642 - electric. Brush
643 - His face
644 - covert
645 - Large Probe
646 - The Best ...
647 - Dried Bream
648 - Water Treatment
649 - Broad trait
650 - Alva
651 - Sword
652 - Shovel
653 - Mug663 - Cone
654 - Hood
655 - School Folder
656 - Template666 - BBQ
657 - Jig
658 - Love
659 - Syringe
670 - Ladder
671 - Lezginka
672 - Chandelier
673 - LINES
619 - Camp
630 - Chess
631 - school magazine
632 - Latitude
633 - Chic Suit
634 - Onion Chippolino
635 - Adhesive
636 - Chocolate
637 - Forest Dogwood
638 - CABINET
639 - Skin
660 - HELMET
661 - Barrier
662 - Horse
663 - laser. Ray
665 - Boat
666 - BBQ
667 - GATEWAY
668 - Chocolate Lion
669 - Silk. Leggings
680 - Rainfall
681 - sewing needle
682 - Elevator
683 - Shop
674 - Fox 684 - Bra
675 - Wide Nozzle 685 - Mop
676 - pewter. Soldier 686 - Trap
677 - Lasso 687 - Broad Vase
678 - Blade 688 - Chocolates. Waffles
679 - Laser689 - Cipher

690 - Swivel
691 - Cartoon
692 - Shorts
693 - Ball
694 - School of Rational. Reading
695 - SCREW
696 - Hornet
697 - Wool
698 - Scarf
699 - Strange-Compass

700 - Octopus 710 - CLAMP
701 - Snowflake 711 - Lighter
702 - UMBRELLA 712 - Harvesting
703 - Bag 713 - Blue Beetle
704 - Bow 714 - Condensed
705 - Sombrero 715 - bend
706 - Aircraft 716 - Blind
707 - Putty 717 - Civil Registry
708 - Samovar 718 - Conspiracy
709 - Currant 719 - Cigarettes
720 - Machine 730 - Stopwatch
721 - STACK 731 - Old Shack
722 - Figurine 732 - Cloth
723 - Glass 733 - Jump Rope
724 - Gag 734 - Scotch
725 - "STACK 735 - Suede Cap
726 - CHAIR736 - Skeleton
727 - Sadist 737 - Saxophone
728 - Shutters 738 - Frying Pan
729 - Dragonfly 739 - Violin
740 - hare
741 - Juicy Pear
742 - SCORE
743 - Twig
744 - Counter
745 - Salt Pinch
746 - Latch
747 - Toothpick
748 - Lean Tips
749 - Blue Pattern
750 - Cuff 760 - Elephant
751 - Boots 761 - syllable
752 - Satellite 762 - Herring
753 - ALPHABET 763 - Drying
754 - Matches 764 - radiator
755 - Caliper 765 - horsefly
756 - Sabre 766 - Dryer
757 - Note 767 - Tears
758 - Sapphire 768 - Plum
759 - Fence 769 - Isolation
770 - Pine 780 - Bell
771 - December. Su Coffin 781 - freshener
772 - Buckle 782 - Traffic Lights
773 - Pacifier 783 - Beetroot
774 - Toothpick 784 - Candle
775 - Gold Tooth 785 - Freedom
776 - Icicle 786 - Souffle
777 - Sausage 787 - Whistle
778 - Zasov 788 - Suffix
779 - Gap 789 - Drill
790 - Siren
791 - Earring
792 - Heart
793 - Mirror
794 - Shirt
795 - SICKLE
796 - Oscilloscope
797 - Thickets
798 - Sideboard
799 - Fixed Racyja

800 - Bath
801 - Grapes
802 - Fan
803 - Broom
804 - Corolla
805 - Vampire
806 - Finish
807 - Down
808 - Fanfare
809 - Flashlight
810 - Trolley
811 - Burner
812 - Bassoon
813 - Screw nut
814 - Fenechka
815 - velvet Toad
816 - Warren. Yolk
817 - land mine
818 - Wigwam
819 - Figure
820 - Automatic
821 - Photo
822 - FoToTaymer
823 - truck
824 - Sprig
825 - T-Shirt
826 - Case
827 - vinyl disc
828 - Fruit. Cottage cheese
829 - bucket
830 - camera
831 - 8 kg
832 - Vector
833 - Cactus High
834 - High bump
835 - High Heel
836 - Torch
837 - Focus
838 - Elm. Sweater
839 - Vaccine
840 - tied. Suitcase
841 - Eternal Flame
842 - Perpetual Motion
843 - Sheep
844 - Wax Scarecrow
845 - Purple Chub
846 - Wax Bowl
847 - oVoScheSushilka
848 - Warren. Sorrel
849 - slicer

850 - Photo Paper 860 - Ox
851 - Elm. Button 861 - FLAG
852 - Porcelain. Cans 862 - Filter
853 - High BAC 863 - ROLLER
854 - Bakery 864 - Spinner
855 - Camera 865 - Photo Album
856 - Film 866 - Hanger
857 - Excerpt 867 - Bike
858 - High ottoman 868 - "Volvo"
859 - Factory 869 - valerian
870 - Pot 880 - Fiol. Fantik
871 - Hi. Snowdrift 881 - waxes. Shape
872 - All Terrain Vehicle 882 - Cherry Water
873 - Physics 883 - Dislocation
874 - Vase 884 - Warren. vegetables
875 - Flash 885 - Plywood Vobla
876 - Petroleum jelly 886 - Waffle
877 - Figure. SoSalka 887 - No flash
878 - Phosphorus 888 - three eights
879 - FiZRuk 889 - OCE (byvsh.VDNH)

890 - Raven
891 - cap
892 - Helicopter
893 - AFRICA
894 - Doctor
895 - Camel
896 - GROUND
897 - Queen
898 - Rope
899 - AURORA

900 - Seat Belt 910 - argamak
901 - RING 911 - mat
902 - accessories 912 - Slingshot
903 - Box 913 - Horns
904 - Ranch
905 - a diamond
906 - Daisy
907 - Transistor
908 - mat
909 - Satchel
920 - ORDER
921 - Rainbow
922 - Radiator
923 - Radish
924 - radio receiving
925 - Rubber. Baton
926 - Retouching
927 - Radish
928 - Private
929 - Radar
940 - Hand ...
941 - LEVER
942 - Ruby Beads
943 - Handle
944 - growling puppy
945 - Rusty Pliers
946 - Torn. Stockings
947 - Rusty Clock
948 - flashlight
949 - Handheld Radar
950 - Plane
951 - ribbed. Button
952 - Robot
953 - Fish
954 - Grouse
955 - Rum Baba
956 - Crossbow
957 - Watermelon
958 - Wine. Beer
914 - RoZhoChek
915 - RUGBY
916 - character
917 - Register
918 - Rust
919 - mug
930 - Arch
931 - Torn. Leather
932 - Rocket
933 - oReHoKol
934 - Black Hand
935 - Manuscript
936 - SERIES
937 - Backpack
938 - Sink
939 - Record
942 - Ruby Beads
950 - Plane
951 - ribbed. Button
952 - Robot
953 - Fish
954 - Grouse
955 - Rum Baba
956 - Crossbow
957 - Watermelon
958 - Wine. Beer
960 - Cylinder
961 - Flower Meadow
962 - Tape Measure
963 - Clips
964 - Pot
965 - rasp
966 - Rally
967 - Rail
968 - Relief
959 - Horn 960 - Rose Bowl
970 - Eyelashes 980 - Foghorn
971 - rod 981 - Cement Wagon
972 - Rosette 982 - Flower
973 - toffee 983 - Rafik
974 - Rosa 984 - Torn Things
975 - The Crucifixion 985 - flute Paper
976 - Mermaid 986 - Reflector
977 - Resistor 987 - "same age"
978 - pen 988 - Rabbi
979 - Cutter 989 - Dial
990 - Diet
991 - Pink Rye
992 - ARARAT
993 - Compasses
994 - Slap Creek
995 - Recipe
996 - Rorschach (project, tests)
997 - Rose Bowl
998 - Princess
999 - Knight

Figurative codes names of the months, days, weeks, letters of the alphabet

Names of months

01 January ............................................... Tree ..............
02 February ............................................ medal
03 March ............................................... mimosa
04 April ............................................... drop
05 May ............................................... dove
06 June ............................................... leaves
07 July ............................................... strawberry
08 August ............................................... apples
09 September ......................................... protractor
10 October ......................................... ice
11 November ................................................. snow
12 December ................................................. Champagne

Days of the Week
PNPoNedelnik ................................................. Donut Tues
	Tuesday .............. Cheesecake Wed
	Wednesday ................................................. sausage TH
	Thursday .............. accounting ( sign), Fri
	Friday ................................................. nickle Sat
	Saturday ................................................. Sable Sun
	Sunday ................................................. Paddle

Letters of the alphabet B.

Boer,
B. ............................ Rifle
G. ............................... Rake
A board ................................. E.
..... ............................ Unit E.
................................. Brush J.
................................. Roaster
3 ................................. Strawberries
I. ............................ Porthole J.
................................. Yogurt K.
................................. Coffee L.
................................. Sandals M.
................................. Mike N.
................................. Threads,
O. ............................ Hoop P.
................................. Package
................................. R. Rapier
C. ................................. Chest T.
................................. Tablet W.
................................. F. Dill
................................. Chips X.
................................. Bathrobe
C. ................................. Chain
C. ................................. Blueberries S.
................................. Washer
Shch ................................. Heck,
E. ................................. Yu
screen ................................. Ya
Skirt .................................
Amber

Examples of figurative codes
1. Figurative codes double and three-digit numbers can be used to
temporary memory for serial numbers. In this case, the figurative codes foundation of the association. In other cases, when you need long-term memory, figurative codes are stored as elements of the association, i.e., the different parts of the image, which is the basis.

2. Remembering historical dates. 1556 Joining the Astrakhan Khanate.
   Imagine Khan with watermelon (Astrakhan). In this way make a mark "Ashtray".

3. Remembering the start and end dates of the event. 1762 1796's. Reign Catherine P.
   Imagine the mental image of the "boat". On his two podobrazah make a mark "Herring", "Oscilloscope".

4. Remembering the exact dates. January 8, 1654 held a nationwide Ukrainian happy year.
   Exact dates memorize different figurative codes. Encode the image in Event: "A piece of bacon and a radar." On the radar image make three labels: "Cap" "Tree," "Willow." If necessary, this association you can turn on and the day of the week.

5. Remembering telephone numbers. The company "Globus" - 976-20-36.
   On the image of the "Globe", in its different parts, note the three images of a phone number, "Mermaid," "House," "Glue."

   On the image of the "fan" is consistently note the three shaped package, "Ear" "Yule," "Watercolor".

7. Remembering the code of a diplomat. 659. Mentally slide in combination lock "Syringe".

8. Remembering the pager number. 629 38. Number containing an odd number of digits to memorize different figurative codes, "Helm", "Needles".

   Imagine his friend the bear, and this way remember the other two images: "Cologne" and "Jigsaw."

10. Remembering the scheduling of lessons on weekdays. Indicate any randomly selected images of figurative codes weekdays. Then, on different parts of the selected images memorize the schedule of each day, converting the names of subjects in the images.

Creating an infinite system of support images

To count to a billion, you will need about 20 years. Figurative codes allow you to create in-memory billion support images. Of course, this number of images you can never use. Therefore, they can be considered conventionally infinite.

Any image can be arbitrarily chosen number figurative codes with numbers. As members of the association, figurative codes can be repeated as often and at the same time you will not confuse them. Imagine the image of the "Alpha".
Now, mentally attach his head the image of "gauge 000". How should secure a repetition of the association (it is better to do on the program "Master of Memory" by recording images of the new support two-digit numbers).

Now, recalling the sequence number line, you'll remember and reference images. Imagine the image of "Butterfly." Proboscis and antennae attach images "Soldering iron" and "shuttle". You got the reference image at number 560 860.

Imagine the mind ironing board and make her mark images "Knight", "Flower" and "Radar". You now have a reference image with number 999 982 929.

In the "Virtual mnemonics" any information stored blocks. They may be small, only a dozen phone numbers, or large - a typewritten page of precise information, such as textbook section.

To support the images should be tied not individual phones and the date, and the blocks of information. Information collected in unit intake "Matryoshka". This technology allows storing reference images very sparingly. Thus, a history book, consisting of forty paragraphs, remembered only by the support of forty images, as to each reference image attached a block of accurate information relevant section.

Supporting images created in advance and attach them to the program "Master of Memory."

The effective application of figurative codes must be learned to automaticity. The quality of remembering figurative codes check with cards and a stopwatch.

** Technique "Calendar"**

Mnemonics can remember the main events of every day life, starting from the day you started using the technique of "Calendar."

Should begin to remember events from the first day of the month. The following technique.

Think of any well-known to you room. Highlight it 12 subjects. On selected images consistently remember figurative codes names of the months. In the center of the room remember the image, indicating the number of years.

As a result, the room itself stands for a particular year, and 12 objects in it - months of the year.

Every day, waking up, assign the day of any image. For example, "Floppy". After this number the chosen image using the figurative codes of three-digit numbers: in the fuse remember floppy image "Cuff" (001).

*Each numbered image, coinciding with the first of the month, tied to an appropriate image of the month* (Reference image designated figurative code of the month).

Other numbered images (images of each day) will not bind.

Important, in your opinion, the events of the day to encode the images and to tie
numbered image of the day. For example, the ceiling leaked in the morning, afternoon went to meet a friend at the airport in the evening walking with a friend and talked to him on 
"Parallel Worlds". Encode these events in images and attach them to the image of the day 
"Floppy", "Wet ceiling," "Airplane," "Boots and parallel lines."

The image of the day, you can capture the whole blocks of accurate information - phone numbers, addresses, names, flight numbers and cars, etc.

The month and date is not specifically remember. They are using simple calculations in your head.

Suppose you remember the 181 days since January 1 and June 30.

Then the image under the number 001 you tied to a reference, the designation of figurative code "January". In January, 31 days, hence the reference image "February," you're strapped numbered image number 32.

The first image corresponds to the March number 60. April Fool's Day - image number 91. First of May - the image number 121. And the first of June - the image number 152. These images are recorded on the association of supporting images, indicating the names of the months.

Mentally scanning 12 images in the reference room, we can easily determine the number of images corresponding to the first of each month. This is number 001, 032, 060, 091, 121, 152 ...

Now it is very easy to know what number matches any sequence number. For example, you are interested in an event recorded on the image number 115. To determine the number, first check the images of the month and determine what number 115 was in April (falls within the range from 091 to 121). Then calculate the difference between the numbers 115 and 091. She is 24. To these add one. The event, recorded on the image number 115, was on April 25. Calculating number of the image date in reverse order.

Knowing the desired date (April 25) and a serial number recorded on the date of April 1 (091), we can easily calculate the number of the image, which documented the relevant events. To do this, add 25 to 91 and subtract 1. Will 115.

Technique "Calendar" to some extent similar to the photo album. Periodically scanning images in this album, we repeat the fixed points where the events. And on those scraps of memories recall the events themselves are much more closely. Photography is the beginning of the strings by pulling that we Rotate tangle of memories.

You can even suggest that modern man is well remembers its past thanks to photography, film and video. People in the past, unable to capture events on film are likely to remember their lives much worse. True, they were in the arsenal of painting and mnemonics, but these arts are not owned by everyone.