Day 2 Memory Power

Name: _____   Date: _____

Blab Method (Read Aloud)
Read Out Loud the Hard Parts: Why It Works

When Abraham Lincoln was in school, teachers would recite facts and students repeated them. Verbal and aural learners excel with this method. Saying words out loud taps into what neuroscientists call the Production Effect. When you speak the information out loud, you "produce" the words yourself. Normally we read silently or listen passively, which isn't production (by us).

Producing words yourself creates additional pathways to long-term memory, by making those words distinctive. In other words, by reading the information out loud, it stands out. Neuroscientists suggest speaking the words creates a "distinctive encoding record" in long-term memory. This is a great tool if you are a verbal (talking) or aural (listening) learner, but can help all types of learners. The more senses we use while studying, the more it helps us build greater understanding.

By addressing the reading material to another person while reading out loud, you boost this effect even further. Speaking to someone, beyond simply saying the words out loud to yourself, encodes the material in the context of a communication.

Dr. Boucher, of the University of Montreal, explains why speaking the information out loud *to someone* adds even more strength to the memory: The production of one or more sensory aspects [i.e., by speaking the words out loud] allows for more efficient recall of the verbal element. But the added effect of talking to someone shows that in addition to the sensorimotor aspects related to verbal expression, the brain refers to the multisensory information associated with the communication episode. The result is that the information is better retained in memory.

If you don't quite understand his scientific explanation, don't worry. It isn't necessary to understand the technical reasons why reading aloud (along with the added effect of reading to someone) boosts memory in order to use the technique yourself.

If you've ever repeated a list of items out loud a few times to help you remember it, you were tapping into the Production Effect. And if you have ever repeated the list aloud to someone else, you may have noticed you later recalled the information more easily and completely.

Now that you know science supports the effectiveness of this method, I challenge you to use the read-aloud method intentionally and often to boost your memory of reading material.
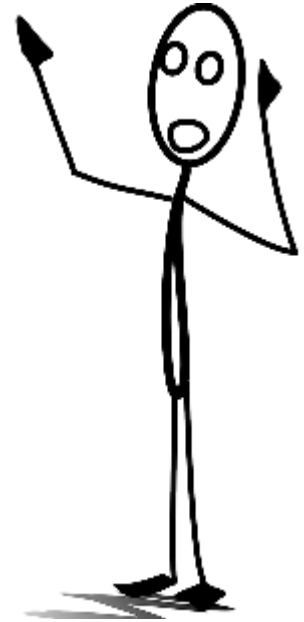
Try the Read Aloud Method

The read-aloud memory technique is easy to use. While it doesn't require pre-memorization, reading aloud is simple to do without much preparation.

Here are the basic steps to using the "read out loud (to someone)" technique:
1. Within the overall written material, identify specific facts, terms, and other details you want to memorize.
2. Find someone willing to listen. For example, your sibling, friend, study partner.... whoever will agree to be attentive as you read.
   Maybe even your dog or cat, if he or she will pay attention (or pretend to pay attention). I am serious.
   (The key to effectiveness here is awareness of an attentive audience.)
3. Speak the difficult material slowly and clearly.
   Keep in mind you have an audience. Someone is listening!
4. Repeat the facts, items, and other details as needed.
   Use repetition to help set the information more firmly in memory.
5. Later, perhaps when you are alone, quiz yourself to see how much you've remembered.

That's it! You've just boosted your memory of the material by up to 25% or more.

The "read aloud" verbal repetition technique of memorization is an old one, and it works fantastically for some people. Add this powerful, easy-to-use memory aid to your list of memory tricks.

And for an extra memory boost, be sure to read out loud the hard parts to another person when possible.

Use the blab (read aloud) technique with the Pi digits.
3.14 159   265   358   979   323   846   264   338   327   950   288   419
       716   939   937   510   582   097   494   459   230   781   640   628
        620   899   862   803   482   534   211   706   798   214   808   651
          328   230   664   709   384   460   955   058   223   172   535   940   812

Chunking from top to bottom. Here are five columns with ten chunks in each.

1	3.14	11	950	21	459	31	534	41	709
2	159	12	288	22	230	32	211	42	384
3	265	13	419	23	781	33	706	43	460
4	358	14	716	24	640	34	798	44	955
5	979	15	939	25	628	35	214	45	058
6	323	16	937	26	620	36	808	46	223
7	846	17	510	27	899	37	651	47	172
8	264	18	582	28	862	38	328	48	535
9	338	19	097	29	803	39	230	49	940
10	327	20	494	30	482	40	664	50	812

Using Acronyms to Remember Information

There are famous acronyms like PEDMAS and ROY G. BIV, but you can do the same with your items you need to remember. Forming an acronym is a good strategy to use to remember information in any order. An acronym is a word that is formed from the first letter of each fact to be remembered. It can be a real word or a nonsense word you are able to pronounce.

Here is how to form an acronym.
- **Write the facts you need to remember.**
- **Underline the first letter of each fact.** If there is more than one word in a fact, underline the first letter of only the first word in the fact.
- **Arrange the underlined letters to form an acronym that is a real word or a nonsense word you can pronounce.**

"HOMES" is an example of an acronym that is a real word you can use to remember the names of the five Great Lakes: Michigan, Erie, Superior, Ontario, Huron: In HOMES, H is the first letter of Huron and helps you remember that name; O is the first letter of Ontario, and so on.

"Telk" is an acronym that can be used to remember the following animals: tiger, lion, elephant, kangaroo. "Telk" is not a real word, but you can easily pronounce it. You could also have used "kelt" as an acronym. Notice that in this example, you cannot form a real word using the first letter of each fact to be remembered.

Sometimes two or more of the facts you must remember each begin with the same first letter. For example, the acronym "capp" can be used to remember the following fruits: pear, apple, peach, cherry. You can use the first letter "p" in the acronym to remember either "pear" or "peach" and the second letter "p" to remember the other.

Using Acronymic Sentences to Remember Information

Creating an acronymic sentence is a good strategy to use when you have to remember information in a certain order. An acronymic sentence is a sentence that is created using the first letter of each piece of information to be remembered.
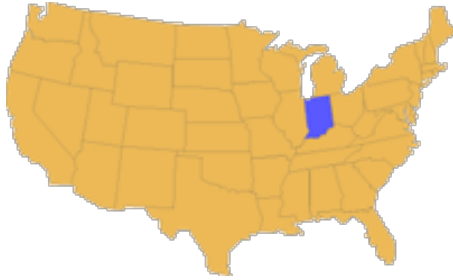
Here is how to create an acronymic sentence.
- Write each piece of information you have to remember.
- Underline the first letter of each piece of information. If there is more than one word in a piece of information, underline the first letter of the most important word.
- Write a sentence using words that begin with the underlined letters.

"**My** (Mercury) **very** (Venus) **earthy** (Earth) **mother** (Mars) **just** (Jupiter) **served** (Saturn) **us** (Uranus) **nine** (Neptune) **pizzas** (Pluto)" is an acronymic sentence that students through the years have used to remember the order of planets around our sun, from closest to farthest. If you accept recent evidence that Pluto is not a planet, you can use **"My very earthy mother just served us noodles."**

Here are the five most populous cities in Indiana shown in order from highest to lowest: Indianapolis, Fort Wayne, Evansville, South Bend, Gary. Here is an acronymic sentence you can use to remember these cities in the order shown.

"Insects from everywhere seem gross."
Try to form an acronymic sentence that is funny or has a personal meaning for you. You will find the sentence easier to remember if you do this. When you remember the acronymic sentence you create, each word in the sentence will help you remember the piece of information it represents (for example, **"Insects"** represents **"Indianapolis"**).

Creating acronymic sentences is an effective and fun way to remember information.

Let's try to create our own acronyms with the ten counties of Southern California: **I**mperial, **K**ern, **L**os **A**ngeles, **O**range, **R**iverside, **S**an **B**ernardino, **S**an **D**iego, **S**an **L**uis **O**bispo, **S**anta **B**arbara, **V**entura

Imperial,
Kern,
Los **A**ngeles,
Orange,
Riverside,
San **B**ernardino,
San **D**iego,
San **L**uis **O**bispo,
Santa **B**arbara,
Ventura