



BRAIN SCIENCE

...the power of the mind.

Abstract

An architect builds a tower in his mind, the foundations and completion are firmly knit together in imagery. But the real building remains a mystery.

Using Brain Science to Improve Memory

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Using Brain Science to Improve Memory

The greatest element among many in the human body is the brain. It works more than a chip or a computer system, enabling a person to comprehend, reason, analyze and resolve ideas. The brain is the central processing unit that serves the entire body with signals and information. It's the basis of creation and projection. For the brain to function and perform effectively, there is a need to empower it with tools that will build and enable its elements coordinate faster. Physical fitness and aerobics are some of the exercises that not only benefit the body but also the brain system too. Apart from healthy meals and physical fitness, there are other useful ways of improving the brain performance. Memory enhancement is key.

Memory tricks can be used in the enhancement of the power of the brain to remember and be able to keep information. Tricks such as acrostics, acronyms peg systems and loci systems are very important in this study. These are called mnemonic devices. A research study by Gerald R. Miller found that students who used mnemonic devices improved their test scores by up to 77 percent. Nevertheless, mnemonics are not helpful for understanding and thinking critically on any given information.

Acrostics are creative rhymes, songs, poems or sentences that help us to remember. They form a great sense of humor and can be very powerful when used with visualization. For example, the order of operation in algebra can be; Pease Excuse My Dear Aunt Sally [Parenthesis, Exponents, Multiplication, Division, Addition, and Subtraction]. Acronyms are commonly used as shortcuts in our language. A good example is the word HOMES that stands for the great Lakes [Huron, Ontario, Michigan, Erie, Superior].

Peg systems is the method of associating objects with numbers, usually between 1 and 100. Every object chosen can represent a number based on rhyme or on a logical connection. There

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are many variations of the peg system. One variation is using letters of the alphabet instead of numbers. Another variation is to visualize objects and put them on a stack, one on top of the other, until you have a great tottering tower. Loci or location systems use a series of familiar places to aid the memory. A house can be used as a metaphor in speech, the entry being the introduction, the living room as the first main point, and each part of the speech with a different room.

All these build up the chain of tools for a learner to develop his/her memory system. They can be accompanied by visual clues such as putting important things close to items that are common. A great learner exercises the brain regularly with the help of remembering names, having a routine and reading. Thinking positive helps much in acquiring values, being positive about oneself and the world around creates a ladder to brain science.