One of the methods to enhance memory is to use a strategy called an acrostic mnemonic device. This means to make a phrase out of the first letters of each word we are trying to learn.

On the point of a compass – **N**orth, **S**outh, **E**ast and **W**est we would first rearrange the words as it look in a compass starting on a clock at 12 o'clock and going clockwise to East, South and finally West. Our acrostic mnemonic device would look like this:

No One

Eats

Sour

Watermelon