

Total Memory Workout

Step 5: Train your Brain Memorcises

Internal Memory Technique Exercises: Set 1

1. You're teaching your eighth-grade English class the different tenses of verbs. You need to come up with a way to help your students remember them:

Verb Tenses

infinitive
simple
present participle
past tense
past participle
future

2. You are going to run some errands, and you realize you don't have a pocket to carry your to-do list in. You decide to try to memorize it instead.

To-Do Lists

pick up shoes at shoemaker
return videotape
buy steaks at butcher's
get baby present for Sally
deposit paycheck at bank

3. It's your turn to be class parent for your fourth-grader's class and you've prepared a presentation on butterflies. You want to remember the stages in the lifecycle of a butterfly in case you're asked, so you need to find a way to memorize them.

Life stages of a butterfly

egg
caterpillar
pupa
adult

4. It's trivia night at the senior center, and you want to be on top of your game. You know one of the topics is going to be favorite children's films, and you'd like to be able to remember the names of the seven dwarfs from Snow White. Try each method to help yourself remember them.

Seven dwarfs from Snow White

Doc
Grumpy
Sneezy
Sleepy
Bashful
Happy
Dopey

5. Your eight-year-old daughter has just told you that she's never heard of the Beatles. Aghast, you take it upon yourself to immediately teach her the names of the fabulous foursome. Just to be safe, you want to figure out a way to help her remember them so she can teach all her friends.

The Beatles

Paul McCartney
John Lennon
Ringo Starr
George Harrison

6. You need to learn Erik Erikson's eight ages of man for the midterm in your developmental psychology course. Figure out a way to remember them.

Erikson's eight ages of man

Trust *versus* Mistrust
Autonomy *versus* Shame and Doubt
Initiative *versus* Guilt
Industry *versus* Inferiority
Identity *versus* Role Confusion
Intimacy *versus* Isolation
Generativity *versus* Stagnation
Ego Integrity *versus* Despair

Step 5: Train your Brain

Internal Memory Technique Exercises: Set 2

Now that you're had a chance to figure out which internal memory techniques you like best, use the following set of exercises to train yourself to use it.

1. You are studying for an examination on human anatomy. Figure out a way to remember the ten systems of the human body.

Ten systems of the human body

Skeletal
Muscular
Integumentary
Digestive
Circulatory
Respiratory
Excretory
Nervous
Endocrine
Reproductive

2. You're taking a class on architecture and need to remember the different type of Greek columns.

Greek Columns

Doric
Ionic
Corinthian

3. You're teaching an eighth-grade Sunday-school class and have decided that it's time for the students to learn the Seven Deadly Sins. You want to give them a good way to remember them.

The seven deadly sins

Pride
Lust
Gluttony
Anger
Envy
Sloth
Covetousness

4. Your eleven-year-old is studying the solar system and needs to give a report on the moons of Neptune. Teach her your method for remembering them.

Eight moons of Neptune

Triton
Nereid
Proteus
Larissa
Despina
Galatea
Thalassa
Naiad

5. You just got a job in a jewelry store. One of the establishment's most successful items is birthstone jewelry, so you must memorize the birthstones for each month to keep this job.

The Birthstones of the Months

<i>Month</i>	<i>Birthstone</i>
January	Garnet
February	Amethyst
March	Aquamarine or bloodstone
April	Diamond
May	Emerald
June	Pearl or moonstone
July	Ruby
August	Sardonyx or peridot
September	Sapphire
October	Opal or tourmaline
November	Topaz
December	Turquoise or lapis lazuli

6. Learning about memory improvement has left you feeling quite philosophical. You turn to Aristotle for some highbrow reading and resolve to commit to memory his ten fundamental categories by which all things in the universe can be defined.

Aristotle's ten categories

Being
Quantity
Quality
Relation
Doing
Suffering
Having
Position
Place
Time