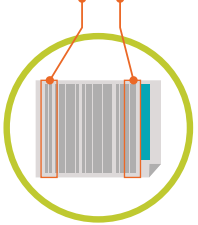


UNDERSTANDING AND CONDENSING INFORMATION

Did you know?

The **FIRST AND LAST SENTENCE** of each paragraph usually contains the most information.



4 STEPS TO SUCCESS



THE PHILOSOPHY OF MEMORY

To be able to memorise and recall things, brain waves should look more like this

and less like this rather

1 Relax

If you think **negative thoughts** like 'I'll never be able to do this', then your brain naturally activates all the cells connected to failure. Then you fail.

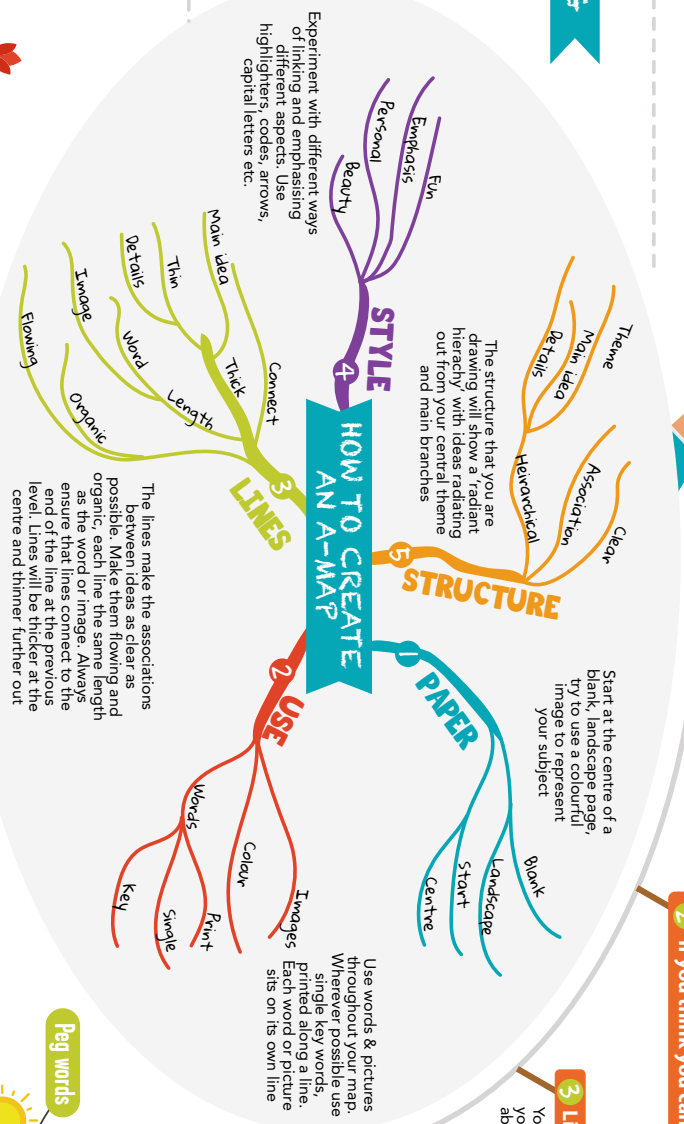
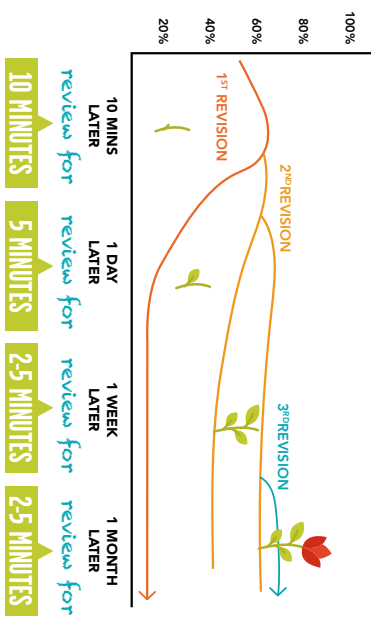
2 If you think you can or think you can't, you're right

If you change your mindset and **think positive** then different cells, the ones that make you more alert and help find the correct information, become active.

TOP TIPS FOR UNDERSTANDING



THE REVIEW PHILOSOPHY



1 Start at the centre of a blank 'landscape page', try to use a colourful image to represent your subject

2 Use words & pictures throughout your map. Whenever possible use single key words. Each word or picture sits on its own line

3 You can memorise topics easily if you tap into the brain's natural ability to remember stories.

4 The structure that you are drawing will show a 'radiant hierarchy' with ideas radiating out from your central theme and main branches

Numbers and dates
1234567890
ABCDEFGHIJ

The great fire of London happened in 1666. Using the code '1666 translate to A F F - A-Ferocious Flaming Fire

Memorics and first letter triggers
Richard Of York Gave Battle In Vain

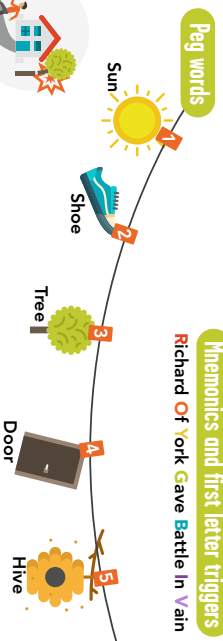


Image chains



Locs or Memory Palace

An ancient technique used to link things to places. Use somewhere familiar to you e.g. home, exam hall, the car or your uniform.

Visual and rhyming triggers

"In fourteen hundred and ninety-two, Columbus sailed the ocean blue..."

TECHNIQUES

