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Memory Devices

Mnemonic memory device

 The words ‘affect’ and ‘effect’ are both very commonly misused in the English language. They both sound the same, but one letter at the beginning of each word makes a very big difference. The word affect is a verb meaning *to* change or alter, and the word effect is a noun meaning *a* change or result. Many people tend to confuse the two words with one another. However, there is a helpful mnemonic device that can help people with telling the difference between ‘affect’ and ‘effect.’ A mnemonic device is a reconstruction of target content intended to tie new information to the learner’s existing knowledge. The mnemonic device used here is simply the word RAVEN. Here’s how it works: The R stands for ‘remember,’ as in to keep in mind. The AV in RAVEN stands for Affect and Verb. And the EN in RAVEN stands for Effect and Noun. This mnemonic can help people tell the difference between affect and effect. It says that affect is a verb, and effect is a noun. When you put it all together, the mnemonic goes as follows: Remember: Affect=Verb, Effect=Noun. By remembering the word RAVEN, it can be very helpful in distinguishing the words ‘affect’ and ‘effect’ from one another.

Acrostic Memory Device

 An acrostic is a type of mnemonic memory device that helps to improve memory. Acrostics improve memory by creating an entire sentence with the first letter of each word being the prompt for the information that is to be recalled. There are several examples of acrostics that can help improve memory. One such example is an acrostic that helps people remember the seven continents. The acrostic goes as follows: “**E**at **An** **As**pirin **Af**ter **A** **N**ighttime **S**nack.” This acrostic can help people remember the names of the seven continents with ease. Note that four of the continents start with the letter “A,” which can be confusing. The second letter in the first three “A” words can help to remember the A continents. **An** means **An**tarctica, **As**pirin means **As**ia, and **Af**ter means **Af**rica. So, by process of elimination, the fourth and final A continent would be Australia. As for the rest of the continents, Eat means Europe, Nighttime means North America, and Snack means South America. By remembering this simple acrostic, and a little practice, you will be able to recall the names of each of the seven continents with ease.

Chunking Memory Device

 Another example of memory improvement techniques is a strategy called chunking. Chunking is a memory strategy that is useful in helping lengthy strings of information and is particularly useful when we need to remember them for a short period of time. It involves taking long bits of information and grouping them together into shorter, more manageable parts that are easier to remember. Let’s say, for example, that you come to my house and you want to know the WiFi password, but I’m not home. So, I say through the phone to you: 8877217729. But before you can write it down, the phone dies. How are you going to remember this? If you use the method of chunking, you can remember the numbers easily. You could recall the numbers as 8877 217 729, or 887 712 7729, or 8877 21 7729. The method of chunking is so much easier than remembering a string of 10 or more digits.

Peg System Memory Device

 The peg memory system is a memory improvement technique used for remembering information that must be recalled in a specific order. It can be thought of as a mental filing cabinet in your head. The way the peg memory system works is that you must associate information that you already know with the new information that you want to remember. So, you would associate things like the numbers 1 through 10 or letters of the alphabet A to Z with things like classes in school, tasks at work, items to buy at the grocery store, etc. A peg is just a mental hook on which you hang information. It serves as a reminder to help you mentally retrieve new information. And since you will never forget how to count from 1 to 10, or your ABCs, the peg method can be used over and over. Your brain can distinguish the same numerical list for different information. One good example of this is number shape pegs. You can imagine that numbers can be shaped like different objects, such as 1 shaped like a pencil, 2 shaped like a swan’s neck, 3 shaped like the top of a love heart (<3) etc. So, if you were at the grocery store and bananas were #3 on the list, then you would associate bananas with hearts. A way to remember this is two bananas curved together to form a heart shape. Like with other systems, the complexity of the information that can be associated with the shape of a number can be much greater than simply a banana. Using substitute words, even abstract concepts can be associated with the items on a list.

Sources Used / Annotated Bibliography

**“Mnemonics: What Are Acrostics?” *Mnemonics: Acrostics*, Learning Info,** [**www.learninginfo.org/acrostics.htm**](http://www.learninginfo.org/acrostics.htm)**.**

I used this website when I researched acrostic mnemonic devices. I learned more about what acrostics are and how they can be beneficial to human memory. I even learned that there can be problems when teaching acrostics to children with learning disabilities. It then goes on to give a list of several examples of acrostics, some of which I have never heard of before. A lot of the given examples can be very useful for remembering basics in science, history, geography, food, etc. But aside from the examples given, the most important thing I learned about using this website was that you can make an acrostic mnemonic for almost anything.

**“Chunking Method.” *Study.com*, Study.com, 2003, study.com/academy/lesson/chunking-method-definition-examples-quiz.html.**

This is another website that I used for this project. Here I learned about the memory strategy of chunking. This website explained what is chunking and how it can be used in everyday life. However, this is the only part of the website that the viewer will be able to see, unless you are a member of the website. But the first two paragraphs, the first one defining chunking and the second one using everyday examples of chunking, are the only two that I needed to understand the memory strategy of chunking. I have used chunking before several times in my life with phone numbers, wifi passwords, social security numbers, credit card numbers, and several other long strings of information.

**“The Peg System for Remembering Lists.” *Memory-Improvement-Tips.com*, Memory-Improvement-Tips.com, 2006, www.memory-improvement-tips.com/remembering-lists.html.**

This is the last source that I used for this chapter project. It helped me to understand the memory improvement strategy of the peg system. I have used the peg system several times before in the past, but I never fully realized the concept of it until I used this website. It is a very helpful tool for learning the peg system. It tells you everything you need to know and then some. There are several different methods of the peg system that I have never heard of and they are all included in this website. From using the letters of the alphabet to a specific numbering system in order to keep track of things, this website is one you might want to check out if you want to learn more about the peg memory system.