





MEMORY BOOT CAMP
Online!

with
Drs. Gail Eskes & Ryan Wilson

Topic 1: Receiving to Retrieving

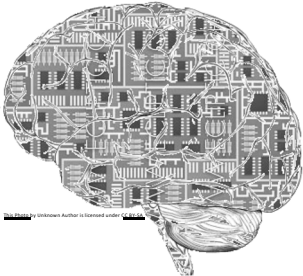





© Gail Eskes & Ryan Wilson 2020 Module 3: Say It Again, Sam

1


Topic 1:
Receiving to Retrieving

- 3 steps to a good memory
- Review of better receiving
- How to have better retrieving
- Putting it together for Face-Name memories

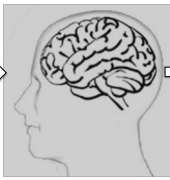


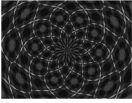
Module 3: Say It Again, Sam

2




1. Receiving





2. Recording



3. Retrieving

The three R's to a good episodic memory

Module 3: Say It Again, Sam

3

Good Receiving

Awareness

Attention

Interpretation

Module 3: Say It Again, Sam

4

Using Mnemonics

- Techniques to help with creating the story
 - Elaboration - making it meaningful
 - Association – linking to what you already know
 - Humour
 - Personal
 - Unique
 - Organization – chunking, alphabetizing, words
- Mental imagery
- Using personal words and phrases

Module 3: Say It Again, Sam

5

What's Her Name?

- Learning and remembering names is a uniquely difficult skill
- Names are generally meaningless
- Many people have the same name
- Two names more to remember


Module 3: Say It Again, Sam

6


Barbra Streisand

Deep linking for names


- Deep linking between a face and a name can help
- Faces are rich sources of visual information – mental imagery
- With some creativity, names can be made more meaningful



Stephanie Jones


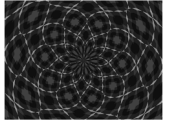


Graham Wilson



Module 3: Say It Again, Sam

7


What is Retrieving?

- Retrieval = active process of re-creating the brain network underlying the information
- More processing at receiving can boost process for retrieval
 - E.g., better linking of items into network
 - Cues can help re-create the network
- Each retrieval success = more recording strength

Module 3: Say It Again, Sam

8

Say It Again, Sam!




Spaced Retrieval

- “Spaced” retrieval - practice the active retrieving of the info
- Basically, testing yourself with longer and longer delays
 - Start with short intervals with distraction
 - Gradually lengthen time with success
 - If make mistakes, shorten time again
- Not simple repetition!

Module 3: Say It Again, Sam

10



Application

- For both long term and short term memories
 - Parking spot
 - Remembering to do a task in near future
 - Memorize a poem!
 - Study for a driver's license exam
- Easy to combine with other strategies

Module 3: Say It Again, Sam

11

Wrapping it Up – Faces and Names

- Enhanced Receiving: Mnemonics are technique to create a memorable story
 - Elaboration, Association, Organization
- Enhanced Retrieval: Spaced Retrieval can also help consolidate memories
 - Retrieval is an active process – need to 're-create' the initial information links
 - Self testing over longer and longer delays
 - Each retrieval improves consolidation of the links into memory trace
- Combining deep linking and spaced retrieval is also very powerful

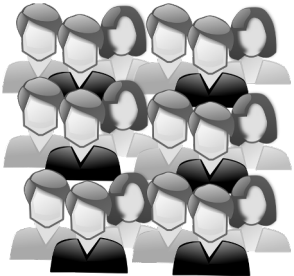
Module 3: Say It Again, Sam

12

Up Next

Topic 2:

Putting Names to Faces



Module 3: Say It Again, Sam

13



14
