

How can the way we  
organise our thinking  
by using mental  
images help improve  
our ...



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How can the way in which we organize our thinking by using mental images, concepts and schemas help us improve our memory Why is our memory so important to us Well our memory provides us with the ability to remember past experiences and learned information, without this retention and the ability to recall who are we Each day we are constantly bombarded with information, its everywhere all around us. So how do we organize and process this information Our memory is vital in making us who we are as without good recall how do we use all that we learn Memory ??? The sum of everything retained by the mind??? quote The free dictionary by farlex And how can mental images, concepts and schemas help us improve our memory Lets explore 3 ways of helping us to recall events facts and figures A mental image is a picture or idea formed in the mind. As adults we are more likely to use semantic thought, which means that we think in words rather than pictures. Micheal Raugh and Richard Atkinson (1975) developed the key word technique where they used the idea of pictures to help recall words in a foreign language. This technique works best if the mental image you form is bizarre, colourful and large. The French word for bin is ??? poubelle??? (pronounced pooh-bell) the first step is to try to think of an English word that is similar to the French word try to image a large bell with a bed smell coming out of it, this will create the word association and then think of the bin shaped as a large bell.

This process may seem complex in order to learn one word, however this is easier than repeating the same word over and over. Micheal Raugh and Richard Atkinson (1975) tested this technique by conducting an experiment <https://assignbuster.com/how-can-the-way-we-organise-our-thinking-by-using-mental-images-help-improve-our-memory/>

on two groups of people. Both groups were given a total of 60 Spanish words to learn. Only half of them were instructed to use the key word technique.