

# Psychology (various techniques for developing memory)



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Developing Memory Techniques [A] OBJECTIVE. The principle objective of the four experiments outlined below was to test various techniques for developing memory. By determining which of these methods was most effective at enhancing my memory, I hope to enhance my learning in the future by applying the information I obtain from this experiment. For example, if I discover that I am best able to memorize lists of information by developing an acronym, I may apply this method to discover if the acronym is as effective for memorizing poems or concepts as it is for memorizing lists.

[B] METHOD.

The four experiments outlined below were performed in an effort to test the various types of memory development processes.

1) I devised an acrostic poem relating to the concepts of " self-esteem" and " self-concept". I studied the poem I had developed for 2 minutes. One hour later, I attempted to recall both the acrostic poem and the concepts to which it was related.

2) I developed an acrostic to help me to remember this grocery list:

Eggs, Milk, Cheese, Laundry Soap, Shampoo, Fruit, Bread, Plastic wrap

3) I sung the poem, The Ballad of Rudolph Reed, by Gwendolyn Brooks out-loud to the tune of the nursery rhyme, Humpty-Dumpty. I practiced singing the poem three times and then one hour later I attempted to recite the poem from memory.

4) My final experiment consisted of attempting to remember a list of 10 items by using the techniques of the Loci method. The list I attempted to

remember was as follows: Tomatoes, Trumpet, Scissors, Wallet, Motorcycle,  
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Sofa, Elephant, Newspaper, Subway train, and Faucet. I walked a route familiar to me within the vicinity of my home in accordance with the technique. I assigned one of these items to each of ten locations within the designated route and practiced associating the items and the image of the location. An hour later I retraced my steps, attempting to remember the list by association with the locations on the route that I had selected.

#### [C] RESULTS

The four experiments produced various different results. Personally, I found that the technique for developing an acronym or using an acrostic to remember concepts and lists were particularly useful. These two experiments produced by far the best results. I was able, for example, to remember the ten items I had memorized for the second experiment and, using the acrostic method, I was able to understand the difference between the concepts of " self-esteem" and " self-concept".

In reviewing my results, however, I determined that the loci method for remembering a list might, ultimately, prove as effective as the two methods I preferred for the purpose of developing educational games or interactive learning tools. The principle reason for this, I believe, is that the principle of the method may be expounded in a controlled environment. In other words, when the technique is being used in the context of a game, the game can be designed to feature locations that are particularly related to the items or concepts that the subject or player of the game is attempting to memorize.