

The foundation level to our pyramid

Additional techniques



Memory journeys

Memory Journeys

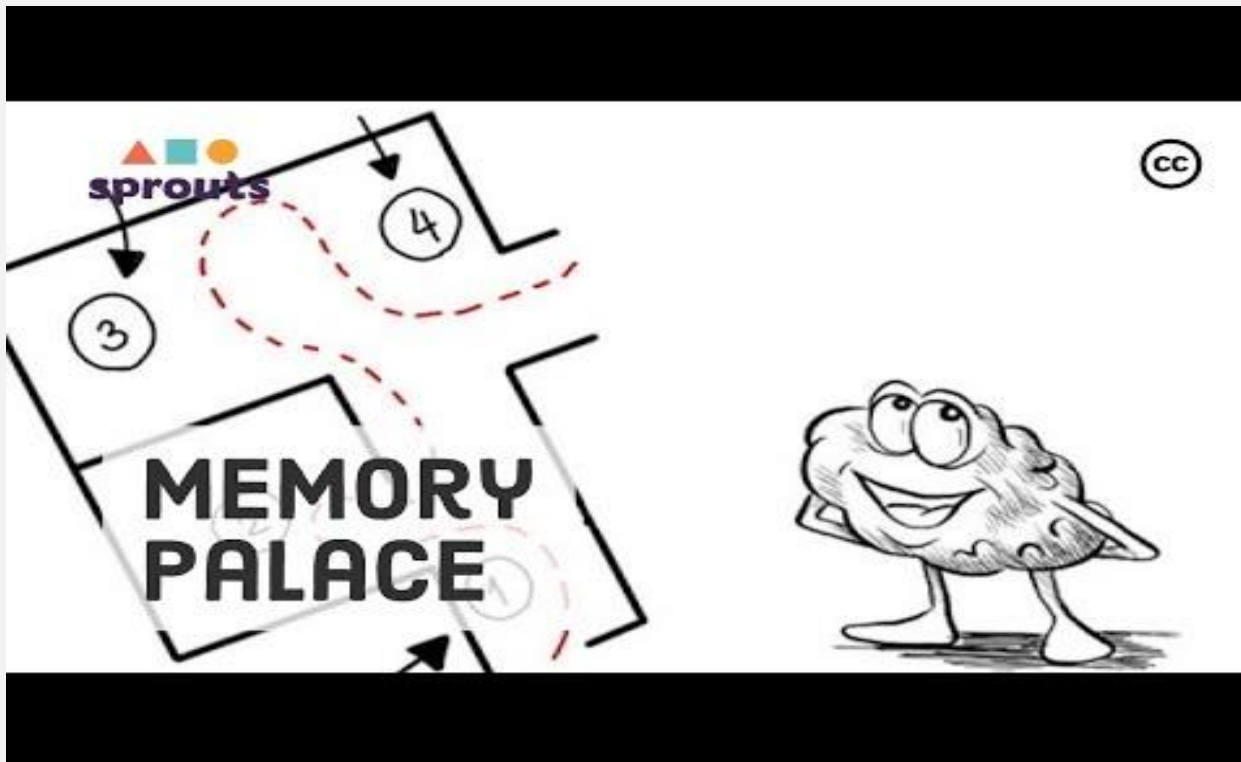
The memory journey technique is a well established and popular method of remembering a large list of items or concepts.

It works by associating information with landmarks or the stages of a journey that you know very well.

Memory journeys are flexible.

You can use them to remember objects, people, events or other exam concepts.

By focusing on different journeys, you can remember different lists of information



[The Memory Palace : Can You Do It? - YouTube](https://www.youtube.com/watch?v=p9IOqd1LpkA)

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3:34

How to create a memory Journeys

1. Pick a well known journey that you can visualise
2. Choose and write down the landmarks or key stages within that journey that you intend to use/notice
3. Place at least one item that you wish to remember at each landmark or key stage of the journey
4. Run through the journey, including the items, over and over again (it should almost feel like a story)





The trick is to create vivid (nice and clear) mental images through the journey. Making the journey funny or outrageous will also help you to remember it.

Example journeys could be:

- Journey to school from home
- Journey to your grandparents
- Journey to your friend's house
- Journey from the kitchen to your bedroom

Example

Example of a memory journey

Remembering a list of random items through the process of ordering and eating at McDonalds:

- Front door: had to walk through a giant puddle of melted sticky **CHOCOLATE**
- Food order kiosk: struggled to order the food because I was made to wear **BOXING GLOVES**, was given order number **1066**
- Food collection point: was served my order by **JOHN LENNON**, who was wearing a **VEST**
- Table: Opened my BigMac box to reveal a tiny **DOLPHIN**