Memory Skills and Mind-mapping

This is a practical programme which has been produced especially for Councillors who would like to develop their memory skills. The seminar focuses on specific techniques that can be used to improve the way information is stored and retrieved. The session also includes reference to the principles of mind-mapping.

Programme Objectives

By the end of this programme delegates will be able to:

1.   Explain how our brain processes and stores information

2.   Describe the difference between short-term and long-term memory

3.   Use specific techniques to improve retention

4.   Explain the principles of mind-mapping

5.   Be able to use mind-maps to plan and order information.

Further Information

The session is lively and interactive. It explains how our brain functions and how we can maximise the use of short-term and long-term memory.

Delegates will be introduced to techniques such as memory hooks and rote in addition to linking using established methods.

Duration: Two hours