

Memory Skills and Mindmapping

This is practical and engaging programme that is ideal for anyone who would benefit from developing their memory.

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 mindmapping
5. Be able to use mindmaps 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 limitations of short-term/long-term memory.

Delegates will be introduced to techniques such as memory hooks and use of rote, as well as explaining how mnemonics can be used.

Duration: Half day