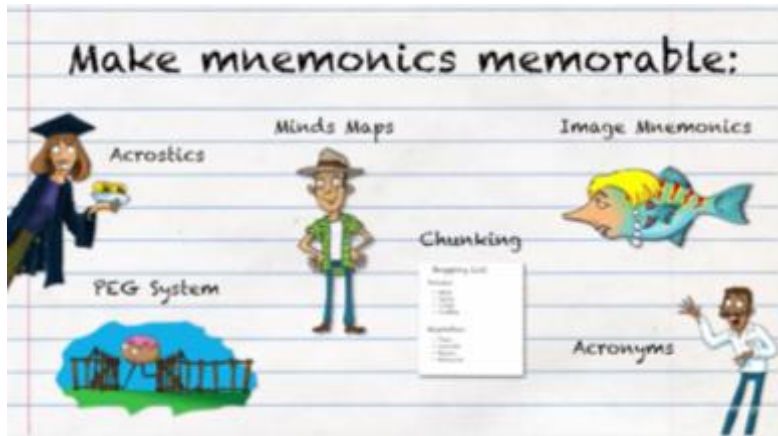


Mnemonics

- Use positive or humorous images; funny or weird are easier to remember.
- Vibrant colorful images easier to recall than dull, drab ones.
- Exaggerate parts of the image to make it stand out.



Reading aloud (Production effect)

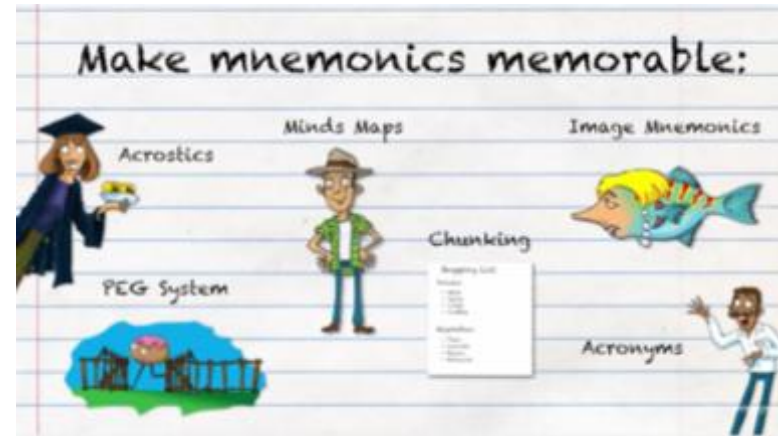
The production effect works because it makes part of the list of items more distinctive. The words you speak aloud are now translated into speech and you have knowledge of producing the items as well as a memory of hearing them. All of this information makes your memory for the spoken items more distinct from the rest of the items that were read silently.

This result suggests that if you are studying material, you might want to identify those bits of information that are most important to remember and to speak those bits aloud while studying. Even a whisper will help to make those items more memorable.

<https://www.psychologytoday.com/blog/ulterior-motives/201005/say-it-loud-i-m-creating-distinctive-memory>

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