3-1: How memory works

In this section were going to be talking about how memory works and how you can remember ideas better. Still surprise I have to tell you this, memories important for learning. If you could remember things better, you can remember the mean the way you deeply understand them, then you will be able to use those ideas later in your life, you will be able to pass exam, pass project, you will be able to use the ideas when you actually encounter them in situations.

Now a lot of systems that require that teach memory, there are lot of systems out there that teach you ways, you can remember things really well. But all of them will try to teach you in a way that I feel is fairly superficial, so they violate the second principle of this courses that they teach you to memorize instead of understand. So what I'm going to be talking with in this session is I'm going to be talking about on how you can remember ideas while also deeply understanding them. So instead of just try come up with superficial hook in order to remember a bunch of ideas. How can we increase our memory, while at the same time improving our understanding which, in my experience, is 95% of classes and probably over 99% of real life situations. We want to have a deep understanding that we remember not just superficial ideas that we remember. There are going to be some situations where you need to memorize things and it's not possible to use these techniques that I'm describing. But I feel that these are under 10% of cases and we will cover those in different sections. The sections are in facts and trivia; I will be going over pneumonic systems which you might want to use if you are in a classroom just have to memorize a lot of information and understanding it actually is it important. But in bask majority of task cases of the real life situation and classes where understanding is important where you going to be focusing on that in this particular section.

So the first thing is, understanding just how memory works. So one thing to understand is that memory works by association, most memory is associated. So the way computer uses memory, this is not associated at all, it is just a line of data and if you go to this part of the line you can perfectly recover the information, you can write it down there, the fact that's something on page 100 is very similar to something on page 312. The computer, unless you manually create that link will not necessarily make that association. Where as a person, a human being, we learn by the association, it's not a big line of data where we will be writing all of our memories on, it's a web, its connected interface. And because we learn by association, that's also how we should be using this tool in order to learn better if we create this association between ideas, great connections, we'll be able to remember ideas much better.

Second thing is that vivid applies over boring. So if you are learning an idea, then learning it the most vivid way possible where you connected to bright colors, sounds, big

ideas, shapes, feelings, senses, this would make the idea more memorable. Even emotions that would make the idea more memorable, a story that you hear that you feel makes you angry, that something is happening. You will remember that better than something that just kind of mildly interested you. So the problem is a lot of schools subject are kind of boring, they're teaching facts and dry way that doesn't really connect with our senses or emotions. So by making things more vivid, more emotional, you will be able to memorize things better or you will be able to remember things better. And this is something that is particularly useful tool because so many classes do not do this very well then you not teaching in an engaging way, if you can manually make the information more connected to the things you cared about more important both emotionally and also more vivid sensor, sensory wise then you will be able to remember ideas better.

And final idea is that we learn thru narrative better than we learn to casual information. So if you have a story, if you have a story art to bring all these details together, you will remember that better. Now the unfortunate part is that a lot of what we're learning are steps in the process and it's fairly antiseptic, it's fairly just detach from the emotional characters in reality to be normal in experience if you're learning how to do a chemistry experiment. These going to be lot of steps, and they're going to be fairly dry you're not going to feel at the story. So if you can make something closer to story, to make the story out of the whether characters and actions and events, cause of other events, they're not just completely separate and things and just in the list. If you can create a story out of something so you can also understand it better.

So these three principles, creating connections, lots of connection between ideas, understanding things in a vivid way not a boring way and also understanding things thru narrative instead of just a casual information, these are three principles that if you apply to what you are learning, you will be able to remember much, much more of what you are learning. So in the later session, I maybe going to be discussing very specific tactics for using these three principles in order to understand ideas better