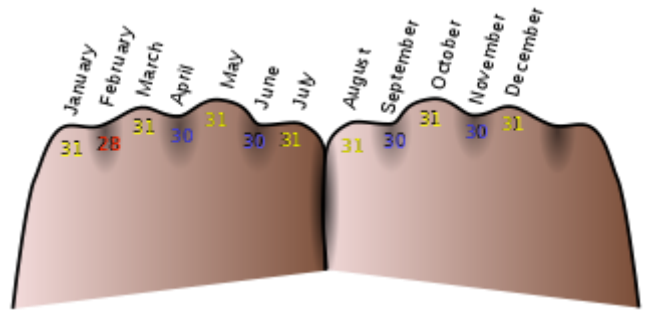


Muscle Mnemonic (individual)

A mnemonic is a memory device. It turns out that the more elaborately we encode information, the easier it is to learn and retain.

Mnemonics are often acronyms for lists, but the best mnemonics are more elaborate and may include movements (kinesthetic forms). Our brains like stories and stories typically have logic to them, which can narrow the possible reasonable outcomes in a given situation and therefore improve recollection. This is one reason why remembering the words to a song is easier than remembering a few lines from a speech.



Knuckle mnemonic for remembering what months have 31 days

Types [\[edit \]](#)

1. Music mnemonics

Songs and jingles can be used as a mnemonic. A common example is how children remember the alphabet by singing the ABC's.

2. Name mnemonics

The first letter of each word is combined into a new word. For example: VIBGYOR (or ROY G BIV) for the colours of the rainbow or HOMES for the Great Lakes.

3. Expression or word mnemonics

The first letter of each word is combined to form a phrase or sentence -- e.g. "Richard of York gave battle in vain" for the colours of the rainbow.

4. Model mnemonics

A model is used to help recall information.

5. Ode mnemonics

The information is placed into a poem or *doggerel*, -- e.g. 'Note socer, gener, liberi, and Liber god of revelry, like puer these retain the 'e' (*most Latin nouns of the second declension ending in -er drop the -e in all of the oblique cases except the vocative, these are the exceptions*).

6. Note organization mnemonics

The method of note organization can be used as a memorization technique.

7. Image mnemonics

The information is constructed into a picture -- e.g. the German weak declension can be remembered as five '-e's', looking rather like the state of Oklahoma in America, in a sea of '-en's'.

8. Connection mnemonics

New *knowledge* is connected to knowledge already known.

9. Spelling mnemonics

An example is "i before e except after c or when sounding like a in *neighbor* and *weigh*".^[9]

https://en.wikipedia.org/wiki/List_of_medical_mnemonics

Humorous mnemonics are useful. However, **all mnemonics must be G-rated.**

Over

Muscle group:

Mnemonic: