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Remembering Important Concepts

When reading over the list of ways that are helpful in remembering important concepts, there were a few of them that stood out. Of the seven listed on the website, Acronyms, the method of loci, and the image name technique seemed to the most beneficial for me. In the past I remembered using acronyms such as ROY G. BIV for the colors on the rainbow. I have also used it a few other times in school. I will continue to use them as I go forward in life during work. The method of loci is a method I have not heard of before that reading. This method would be helpful to remember certain names of people and gives you a certain order in which you can remember them by remembering something as simple as where things are in your own house and applying these names to doing thing with these certain objects or appliances. The image name technique would be beneficial for remembering people’s names that you would first meet. While I have never used this technique before I have heard of it. I heard it being used in the show the Office, when Michael would remember peoples name by using the technique but normally it would be really vulgar ways of remembering it. I just thought it was funny when I read this list that “The Office” was the first thing to come to mind.