

Imagery Seniors Improve Memory Fast

Some studies that have been performed during the last years analyze the visual memory and the imagery as methods to improve memory. According to the scientists that have studied imagery seniors improve memory by using such methods. There are many mnemonics that are based on visually imagery. Mnemonics represent devices or techniques that help people to improve memory by realizing connections between things that can be recalled with difficulty and notions that are remembered easily. In this particular case, in order to improve memory, people realize connections between notions that must be learned or that must be recalled and images. By using imagery, seniors improve memory, but the effect differs from one person to another. There are many factors that influence the effect. The type of memory loss and the underlying problem that lead to memory loss in the first place, seem to be among the most important factors that determine the effectiveness of imagery as a memory improvement technique. According to some studies based on imagery seniors improve memory by using one of the three most common techniques that involve mental imagery. The first technique is named method of loci. The person who uses this technique must think of a route that is very well known. Next, the person must choose a sequence of places or loci on that route. Creating a virtual image in mind helps to orientate. As soon as the loci are entirely memorized, people can move on to a more difficult list, such a to-do list that contains more items. The numeric pegword represents the second technique that uses mental imagery. It is based on a number-to-word rhyme that be easily memorized. As soon as the sequence is stored into memory, people can use the words instead of numbers, in order to memorize phone numbers, for example. Although it is not common for older people to learn foreign languages, the third method is named the keyword method. First of all, the person must create an acoustic link stage that resembles of the foreign word. Picturing this link stage leads to even better results. Next, an imagery link stage must be created. During this stage, the person realizes a virtual image that includes both the foreign word and the known word. There is no doubt that by imagery seniors improve memory. Visual memory is among the most efficient and imagery seniors improve memory by using it even more.

About the Author

A source for exercise, health and nutrition advice, with information on building muscle mass, weightlifting and sports.

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