



# Mnemonics - how to remember without forgetting

## 1. IMPRINT

<b>Academic Year</b>	2024/2025
<b>Department</b>	Faculty of Medicine
<b>Field of study</b>	Medicine
<b>Main scientific discipline</b>	Medical science
<b>Study Profile</b>	General academic
<b>Level of studies</b>	Uniform MSc
<b>Form of studies</b>	Full time studies
<b>Type of module / course</b>	Non compulsory
<b>Form of verification of learning outcomes</b>	Completion
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## 2. BASIC INFORMATION

<b>Year and semester of studies</b>	I-V year, summer semester	<b>Number of ECTS credits</b>	2.00
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<b>FORMS OF CLASSES</b>	<b>Number of hours</b>	<b>ECTS credits calculation</b>
<b>Contacting hours with academic teacher</b>		
Lecture (L)		
Seminar (S)	30 (e-learning)	1.0
Classes (C)		
e-learning (e-L)		
Practical classes (PC)		
Work placement (WP)		
<b>Unassisted student's work</b>		
Preparation for classes and completions	30	1.0

### 3. COURSE OBJECTIVES

O1	Learning the principles and techniques of fast learning and memorisation
O2	Preparing the learning environment
O3	Getting to know practical exercises to improve perception skills
O4	Coping with stress
O5	Developing interpersonal relationships

### 4. STANDARDS OF LEARNING – DETAILED DESCRIPTION OF EFFECTS OF LEARNING

<b>Code and number of the effect of learning in accordance with standards of learning</b>	<b>Effects in the field of:</b>
<b>Knowledge – Graduate* knows and understands:</b>	
D.W1.	the psycho-physical development of the human being from birth to death, taking into account the specificities of physical, emotional, cognitive and social development
<b>Skills– Graduate* is able to:</b>	
B.U8.	use medical databases and correctly interpret the information they contain to solve problems in basic and clinical sciences

\* In appendix to the Regulation of Minister of Science and Higher education from 26th of July 2019 „graduate”, not student is mentioned.

### 5. ADDITIONAL EFFECTS OF LEARNING (non-compulsory)

<b>Number of effect of learning</b>	<b>Effects in the fields of:</b>
<b>Knowledge – Graduate knows and understands:</b>	
K1	learning and memorisation techniques
<b>Skills– Graduate is able to:</b>	
S1	planning their learning activity and constantly updating their knowledge
S2	inspire the learning process of other people
S3	communicate with colleagues in a team, and share knowledge
<b>Social Competencies – Graduate is ready for:</b>	
SC1	perceiving and recognise their limitations and make a self-evaluation of educational needs and deficits
SC2	conclusions from their measurements or observations

<b>6. CLASSES</b>		
<b>Form of class</b>	<b>Class contents</b>	<b>Effects of Learning</b>
(e-L) seminars	S1. – Seminar 1 – What is mnemonics? General principles of mnemonics. Asynchronous e-learning, eWUM platform, specified weeks	D.W1., B.U8., K1, S1, S2, S3, SC1, SC2
	S2. – Seminar 2 – The standard and scientific brain. Asynchronous e-learning, eWUM platform, specified weeks	D.W1., B.U8., K1, S1, S2, S3, SC1, SC2
	S3. – Seminar 3 – The learning environment or what not to sit on. Asynchronous e-learning, eWUM platform, specified weeks	D.W1., B.U8., K1, S1, S2, S3, SC1, SC2
	S4. – Seminar 4 – My colleague is an alien! - Developing imagination and creative thinking. Asynchronous e-learning, eWUM platform, specified weeks	D.W1., B.U8., K1, S1, S2, S3, SC1, SC2
	S5. – Seminar 5 – My head is buzzing with thoughts - mind mapping. Asynchronous e-learning, eWUM platform, specified weeks	D.W1., B.U8., K1, S1, S2, S3, SC1, SC2
	S6. – Seminar 6 – Feeling the mind - senses and memorisation. Asynchronous e-learning, eWUM platform, specified weeks	D.W1., B.U8., K1, S1, S2, S3, SC1, SC2
	S7. – Seminar 7 – Chain Association Method - a basic mnemonic technique. Asynchronous e-learning, eWUM platform, specified weeks	D.W1., B.U8., K1, S1, S2, S3, SC1, SC2
	S8. – Seminar 8 – How to furnish a home? - Memory palace. Asynchronous e-learning, eWUM platform, specified weeks	D.W1., B.U8., K1, S1, S2, S3, SC1, SC2
	S9. – Seminar 9 – Peg word method Asynchronous e-learning, eWUM platform, specified weeks	D.W1., B.U8., K1, S1, S2, S3, SC1, SC2
	S10. – Seminar 10 – Digit or letter? - the phonetic number system. Asynchronous e-learning, eWUM platform, specified weeks	D.W1., B.U8., K1, S1, S2, S3, SC1, SC2
	S11. – Seminar 11 – Combining languages, words and images - does it make sense? Asynchronous e-learning, eWUM platform, specified weeks	D.W1., B.U8., K1, S1, S2, S3, SC1, SC2

S12. – Seminar 12 – Trio with Master Yoda. Asynchronous e-learning, eWUM platform, specified weeks	D.W1., B.U8., K1, S1, S2, S3, SC1, SC2
S13. – Seminar 13 – Your face sounds familiar - remembering faces, names and surnames. Asynchronous e-learning, eWUM platform, specified weeks	D.W1., B.U8., K1, S1, S2, S3, SC1, SC2
S14. – Seminar 14 – Row and column - memory table. Asynchronous e-learning, eWUM platform, specified weeks	D.W1., B.U8., K1, S1, S2, S3, SC1, SC2
S15. – Seminar 15 – The waking dream - remembering dreams. Asynchronous e-learning, eWUM platform, specified weeks	D.W1., B.U8., K1, S1, S2, S3, SC1, SC2
S16. – Seminar 16 – Memorie the calendar. Asynchronous e-learning, eWUM platform, specified weeks	D.W1., B.U8., K1, S1, S2, S3, SC1, SC2
S17. – Seminar 17 – Even more medicine. Asynchronous e-learning, eWUM platform, specified weeks	D.W1., B.U8., K1, S1, S2, S3, SC1, SC2
S18. – Seminar 18 – How not to forget and how to recall? Credit: e-test Asynchronous e-learning, eWUM platform, specified weeks	D.W1., B.U8., K1, S1, S2, S3, SC1, SC2

## 7. LITERATURE

### Obligatory

1. Lectures and educational materials prepared on WUM e-learning Platform.

### Supplementary

1. Unlimited Memory: How to Use Advanced Learning Strategies to Learn Faster, Remember More and be More Productive, Kevin Horsley, Kindle Edition 2014
2. Moonwalking with Einstein: The Art and Science of Remembering Everything, Joshua Foer, 2012

## 8. VERIFYING THE EFFECT OF LEARNING

Code of the course effect of learning	Ways of verifying the effect of learning	Completion criterion
D.W1., B.U8., K1, S1, S2, S3, SC1, SC2	Completion of e-learning assignments and activities	Completion of e-learning modules - obtaining at least 51% of the points in the indicated assignments and activities.
D.W1., B.U8., K1, S1, S2, S3, SC1, SC2	E-test (summarising) - questions on the material of all seminars.	Obtain at least 51% of the points. The final grade is a mark of the e-test and seminars. Grade range: 2.0 (ndst) - up to 51% of points, 3.0 (dst) - 51.1%-60% of points, 3.5 (ddb) - 60.1%-70% of points, 4.0 (db) - 70.1%-80% of points, 4.5 (pdb) - 80.1%-90% of points, 5.0 (bdb) - above 90% of points.

## 9. ADDITIONAL INFORMATION

The optional course is conducted in the summer semester. Students may sign up for only one optional course edition. All course topics and credits are completed via eWUM (e learning.wum.edu.pl), the Warsaw Medical University's e-learning platform. An unlimited number of students can participate in the optional course.

Materials will be provided sequentially in the summer semester (edition 1) from 24 February 2025. The optional course will be completed on 15 June 2025.

The optional course grade is based on the points obtained in the summative test and other e-learning activities. Each participant has two attempts at the test, and the higher score is awarded.

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**ATTENTION**

The final 10 minutes of the last class of the block/semester/year should be allotted for students to fill out the Survey of Evaluation of Classes and Academic Teachers