



Absolute memory - how to remember without forgetting

Pamięć absolutna – jak pamiętać, żeby nie zapomnieć

1. IMPRINT

Academic Year	2025/2026
Department	Faculty of Medicine
Field of study	Medicine
Main scientific discipline	Medical science
Study Profile	General academic
Level of studies	Uniform MSc
Form of studies	Full time studies
Type of module / course	Non compulsory
Form of verification of learning outcomes	Completion
Educational Unit / Educational Units	Department of Medical Informatics and Telemedicine 00-581 Warszawa, Litewska 14/16 phone (+48) 22 116 92 44 e-mail: zimt@wum.edu.pl
Head of Educational Unit / Heads of Educational Units	Andrzej Cacko, MD, PhD
Course coordinator	Joanna Michalik, MD, e-mail: joanna.michalik@wum.edu.pl
Person responsible for syllabus	Joanna Michalik, MD, e-mail: joanna.michalik@wum.edu.pl
Teachers	Andrzej Cacko, MD, PhD; andrzej.cacko@wum.edu.pl Joanna Michalik, MD; joanna.michalik@wum.edu.pl Emanuel Tataj, M.Sc.; emanuel.tataj@wum.edu.pl

2. BASIC INFORMATION

Year and semester of studies	III-IV year, winter and summer semester	Number of ECTS credits	2.00
------------------------------	---	------------------------	------

FORMS OF CLASSES	Number of hours	ECTS credits calculation
Contacting hours with academic teacher		
Lecture (L)		
Seminar (S)	30 (e-learning)	1.2
Classes (C)		
e-learning (e-L)		
Practical classes (PC)		
Work placement (WP)		
Unassisted student's work		
Preparation for classes and completions	20	0.8

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

Code and number of the effect of learning in accordance with standards of learning	Effects in the field of: <i>(in accordance with appendix to the Regulation of Minister of Science and Higher education from 26th of July 2019)</i>
---	---

Knowledge – Graduate* knows and understands:

D.W1.	the social dimension of health and illness, the impact of the social environment (family, social networks) and social inequalities, socio-cultural differences on health, and the role of social stress in health-related and self-destructive behaviours.
-------	--

Skills– Graduate* is able to:

B.U10.	use databases, including online databases, and search for the required information using provided tools
--------	---

* 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)*

Number of effect of learning	Effects in the fields of:
Knowledge – Graduate knows and understands:	
K1	learning and memorisation techniques
Skills– Graduate is able to:	
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
Social Competencies – Graduate is ready for:	
SC1	perceiving and recognise their limitations and make a self-evaluation of educational needs and deficits
SC2	conclusions from their measurements or observations

6. CLASSES		
Form of class	Class contents	Effects of Learning
(e-L) seminars	S1. – Seminar 1 – The standard and scientific brain. Asynchronous e-learning, eWUM platform, specified weeks	D.W1., B.U10., K1, S1, S2, S3, SC1, SC2
	S2. – Seminar 2 – The learning environment Asynchronous e-learning, eWUM platform, specified weeks	D.W1., B.U10., K1, S1, S2, S3, SC1, SC2
	S3. – Seminar 3 – Is procrastination laziness? Asynchronous e-learning, eWUM platform, specified weeks	D.W1., B.U10., K1, S1, S2, S3, SC1, SC2
	S4. – Seminar 4 – How not to forget and how to recall? Asynchronous e-learning, eWUM platform, specified weeks	D.W1., B.U10., K1, S1, S2, S3, SC1, SC2
	S5. – Seminar 5 – Different learning techniques. Which is the best? Asynchronous e-learning, eWUM platform, specified weeks	D.W1., B.U10., K1, S1, S2, S3, SC1, SC2
	S6. – Seminar 6 – Organise your buzzing thoughts – mind mapping. Asynchronous e-learning, eWUM platform, specified weeks	D.W1., B.U10., K1, S1, S2, S3, SC1, SC2
	S7. – Seminar 7 – What is mnemonics? General principles of mnemonics. Credit (Passing the theoretical part): e-test Asynchronous e-learning, eWUM platform, specified weeks	D.W1., B.U10., K1, S1, S2, S3, SC1, SC2
	S8. – Seminar 8 – Mnemonics workshop 1: To begin with, the Peg Word Method. Asynchronous e-learning, eWUM platform, specified weeks	D.W1., B.U10., K1, S1, S2, S3, SC1, SC2
	S9. – Seminar 9 – Mnemonics workshop 2: Chain Association Method - a basic mnemonic technique. Asynchronous e-learning, eWUM platform, specified weeks	D.W1., B.U10., K1, S1, S2, S3, SC1, SC2
	S10. – Seminar 10 – Mnemonics workshop 3: Memory palace. Asynchronous e-learning, eWUM platform, specified weeks	D.W1., B.U10., K1, S1, S2, S3, SC1, SC2
	S11. – Seminar 11 – Mnemonics workshop 4: PAO and several more mnemonics.	D.W1., B.U10., 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.U10., K1, S1, S2, S3, SC1, SC2	Completion of e-learning assignments and activities, including two elective workshops	Completion of e-learning modules - obtaining at least 51% of the points in the indicated assignments and activities.
D.W1., B.U10., K1, S1, S2, S3, SC1, SC2	Credit (Passing the theoretical part, seminars 1-7): e-test	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 full optional course lasts one semester and is conducted in the winter or 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 winter semester from 15 October 2025 till 25 January 2026 (edition 1), in the in the summer semester (edition 2) from 2 March 2026 till 14 June 2026.

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.

Note: In the 2024/2025 academic year, the course in English was entitled: Mnemonics - how to remember without forgetting. The current edition contains the same materials, but they are arranged differently.

Medical University of Warsaw has property rights, including copyright, to the syllabus. The syllabus may be used for educational purposes at the MUW only. Using of the syllabus for other purposes requires consent of the MUW.

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