



Absolute memory - how to remember without forgetting
Pamięć absolutna – jak pamiętać, żeby nie zapomnieć

1. IMPRINT

Academic Year	2026/2027
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	IV-V year, winter and summer semester	Number of ECTS credits	2.00
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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:

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.
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Skills– Graduate* is able to:

B.U10.	use databases, including online databases, and search for the required information using provided tools
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* 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 <i>(non-compulsory)</i>	
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 from seminars 1–7: 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: The Chain Association Method - a basic mnemonic technique. Mandatory workshop. Asynchronous e-learning, eWUM platform, specified weeks	D.W1., B.U10., K1, S1, S2, S3, SC1, SC2
	S9. – Seminar 9 – Mnemonics workshop 2: The Peg Word Method. Optional workshop.	D.W1., B.U10., K1, S1, S2, S3, SC1, SC2

	Asynchronous e-learning, eWUM platform, specified weeks	
	S10. – Seminar 10 – Mnemonics workshop 3: Memory palace. Optional workshop. 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. Optional workshop. Asynchronous e-learning, eWUM platform, specified weeks	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 one mandatory and one optional workshop	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.

The minimum number of students required to start the optional course in a given semester is 20.

An unlimited number of students can participate in the optional course.

Seminars schedule:

Materials will be provided sequentially.

In the winter semester (Edition 1), starting on 19 October, 2026. The course will end on 24 January, 2027.

In the summer semester (Edition 2), starting on 29 February, 2027. The course will end on 6 June, 2027.

All course topics and credits are completed via eWUM (e-learning.wum.edu.pl), the university's e-learning platform.

Before the course begins, each student must verify that they can log in to the WUM Platform. If you encounter any login problems, please get in touch with the person responsible for the platform's operation (e-learning@wum.edu.pl).

Please direct technical issues related to the course, as well as any questions or requests, to the course instructor: Joanna Michalik; joanna.michalik@wum.edu.pl.

The course consists of seven online seminars, a final test covering seminars 1–7, one mandatory online workshop, and three elective workshops, of which the student must complete at least one.

Each participant has three attempts at the final test. The higher score counts toward the grade.

The course grade is determined by the final test score and the grade for the assignment completed in the workshop the student chooses. The final grade is the average of both scores, provided that neither score is a failing grade.

If a student cannot take the final exam by the designated deadline, they must email the course instructor to request an excused absence. The student must submit the request no later than three [3] days after the circumstances that prevented them from taking the final test occurred. Failure to submit the request by the specified deadline will result in the absence being considered unexcused. You may submit an excuse after the deadline if you were unable to submit it for valid reasons; in such cases, submit the document as soon as the reason for the absence ceases to exist.

An unexcused absence from the final exam constitutes grounds for recording a failure for the course in the given term.

If a student has an excused absence from the final exam, they may take the exam on the next date scheduled by the department.

If a student receives a failing grade, they are entitled to two make-up exam dates. If a student fails to pass the course by the final date set by the department in a given academic year, they will not receive credit for the course.

Note: In the 2024/2025 academic year, the course was titled: Mnemonics - how to remember without forgetting. The current edition contains the same material, but it is arranged differently.

The department also has a Students' Club MedIT, which brings together students who want to improve their knowledge of medical informatics, artificial intelligence, and advanced computer methods in medicine.

If you are interested, please get in touch with the tutor: Jakub Rokicki (jakub.rokicki@wum.edu.pl).

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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