

M n e m o w o r k s h o p

- How To Learn Faster And Remember More

you'll find that your memory has no limits, you will learn the secrets of remembering – come to know your possibilities

When is the training held? – on **the 2nd day** of January, March, May, July, September, and November (so, every other month).

A minimum number of 10 participants is required to start the training. In case of lack of an appropriate number of participants, you can get your money back or use it to pay for the next available training session..

The cost of training - **30 euros** (one meeting, 5 hours).

Payment method - PayPal or bank transfer. We provide the data in response to your e-mail.

We issue appropriate bills and invoices.

Questions? Write to jo.hinker@hinkerhub.pl

<https://www.hinkerhub.pl/en/home-en>

T h e m a t i c s c o p e

Part 1

The problem of everyday motivation and awareness (the story of a murderer)

Part 2

What does it mean to have a good memory? So about possibilities of our brain

✓ what is memory? ✓ types of memory ✓ concept of processing levels ✓ learning process
✓ types of knowledge

Part 3

Mechanisms of remembering and forgetting. Why do we remember so little?

✓ coding (or remembering) ✓ learning curve ✓ extraction ✓ forgetfulness

Part 4

Techniques of faster learning and longer remembering

✓ technique of places* ✓ loop and association technique* ✓ elaboration technique*
✓ verbalization and imagination* ✓ producing technique ✓ action technique
✓ 'me' technique*

** - these techniques will be practiced by participants; you need: a good Internet connection, a computer, and a microphone*

