



① Right / Left skills & abilities

② Retaining info - Hooks  uses all senses
uses key words
Recalling info - Associate  with something you know.

Memory trace ... habit, memory.
Muscle memory

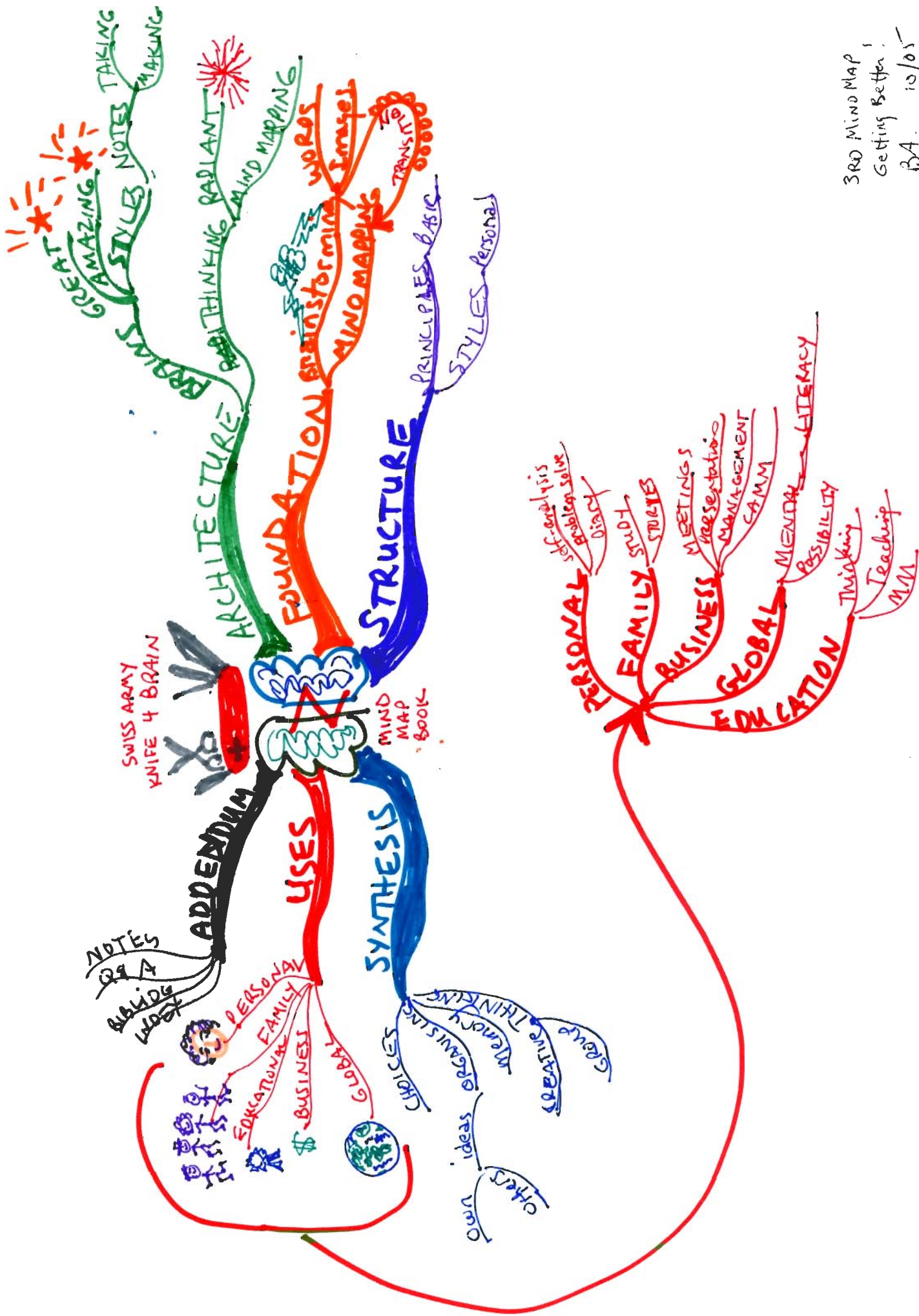
③ Repetition decreases resistance The Golden Key



1st Mind Map

- Text - list
- words not on lines
- script writing

Barbara Ansell 10/05



3RD MIND MAP
Getting Better!
BA 10/05

