



बाळाच्या पहिल्या रडण्यापासून ते पहिलीपर्यंत सर्वांगीण विकासाची हसत-खेळत शास्त्रीय माहिती

बालपण फुलविताना

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Memory Skills

Memory is a God gift. It has no shape, boundaries, neither has restrictions nor any special key to enhance it. Memory can be expanded by conscious and skillful stimulations like training and putting it to test, it's frequent used. Only then it will increase or else it reduces and saturates. Our memory has vast capacity. Any type of information which can be grasped by our senses is stored, either good or bad. Sir Arthur Canyon Doyle has a perfect sentence 'Our brain is like a small room, if it is not organized, then chances are low to get hold of needed things. Therefore appropriate things can be found only if the room is stored with necessary and important stuff, in a well organized manner.'

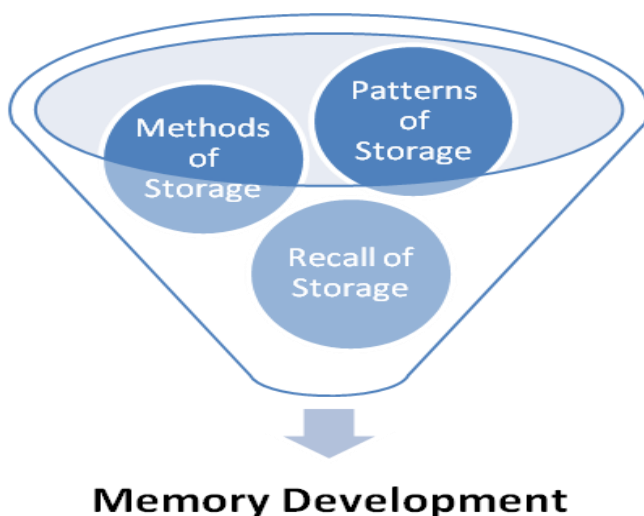
Memory is of two types.

1. Short term memory
2. Long term memory

When we see something new, we temporarily remember it and over the period forget. If we pay attention and observe a particular event in detail with some clues, any stimulating action or on constant repeatedly hearing the same event then it gets stored as long term memory.

"Hearing + Observing + Experiencing" the combined effect of these three, helps to store an event as a long term memory. This long term memory is useful for studies.

In children memory development is on three levels.



- Pre-requisites are
1. Average Memory Level
 2. Healthy 5 Sensory Organs

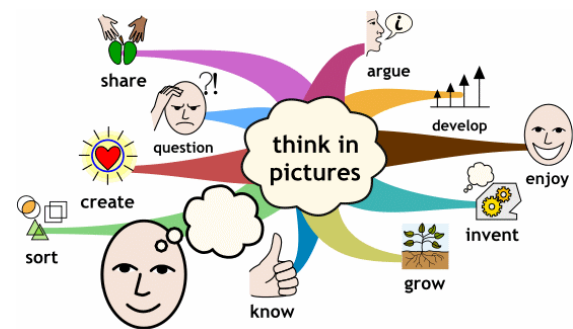
Three levels of memory enhancing methods are elaborated below:-

1. Methods of Storage

- Revision – any concept or event when repeatedly done or observed can be memorized easily.
- Categorization/ Pairing/ comparison: (organization) – In this type of experience past events, people involved, surrounding events etc. have a consolidated effect.
- Elaboration – First 5-6 years this method cannot be used. Only after gaining a certain level of maturity this method can be taught to the children. E.g. fish, petrol and dessert, a smart kid might memorize these words in sequence such as “A fish swam in Petrol and eat piece of a cake (dessert)”.

2. Patterns of Storage: - These patterns get cultivated and evolved as per age and level of intelligence.

- Gist/ Crux: - When a kid observes an event and if he has been asked to explain it, then the kid automatically keeps that event at a center point and only tells us the crux or gist. This technique uses minimum space to memorize a concept.
- Script: - In this method the chronology of events is important and as per that sequence the related things are memorized.
- Pictorial Memory: - Rather than focusing only on words, if a picture or diagram is shown then it is easily memorized along with its references. E.g. Map. This concept is explained by an expert named Tony Buzan as “Mind Maps” in his book “Use Your Head”. If this technique is used right from early stage it really gives positive results.
- Autobiography/Episodic Memory: - Certain events in life are just unforgettable for grownups and children. E.g. first day at school, first air-travel.
- Knowledge based memory: - As per an old saying, one remembers twice as much by hearing + observing than simple hearing. By “Experience” one assimilates even at higher rate than hearing and observing. Children from very young age should be encouraged to increase their knowledge base learning.



3. Retrieval of Memory: - Children learn to use this technique gradually but the elders tend to forget to develop this technique and so are not able to use it.

- Recognition: - Technique to recognize the objects shown in the past. Even 8-12 months baby can recognize simple toys.

- Recall: - Events or objects seen or heard in the past can be recalled exactly without seeing/hearing it again. Children around 2 to 5 years have tremendous recalling power. This is the time to start introducing them the technique to learn by heart.
- Reconstruction: - Children around 5 to 7 years are able to act (in their own way) a small part from a play or a small movie scene. The sequences can get a bit jumbled up but basically the crux remains intact. The parents interrupt intermittently in order to have accuracy. But this hampers the whole process of development of a “technique” because the children get conscious.

Children’s “memory” is an untapped treasure, if shown the right path it will flourish and if wasted only for using electronic equipments like mobile, computer etc, it will get stagnant.

For optimum growth of memory following steps can be used right from childhood:-

1. Collectively using 5 senses:- “Hear + Observe + Smell + Touch + Taste”
2. Pictorial/ Graphical Presentation:- Rather than only explaining theoretically if taught using colorful pictures and diagrams, it will be engraved in children’s memory forever.
3. Pre-association System or Match the pair.
4. Jokes/ Weirdness/ Imagination: - Kids remember funny and hilarious stuff easily. Presentation in weird manner bit of exaggeration and imagination makes things interesting and so are appreciated and accepted by the kids.
5. Use Symbols and Shapes: - Using star sign/ underline/ highlighting the important points.
6. Co-relation with Happy moments: - e.g. if a geometrical cone is explained using ice-cream cone example, then automatically it becomes interesting.
7. Pneumonic: - using the initials can be helpful to remember few things. E.g. VIBGYOR, these initials helps to remember all the colors in the Rainbow.
8. Music/Songs: - This technique is very useful in young age. Kids find it easy to remember difficult words/concepts though medium of music.
9. Mind Map: - Placing the main idea at the center and weaving a web of ideas around it. 8 – 10 year olds can remember a whole chapter using this technique.
10. Happily and consistently revising the concepts using various methods. Parents should also encourage their kids by praising them at the time (avoid over doing it).



