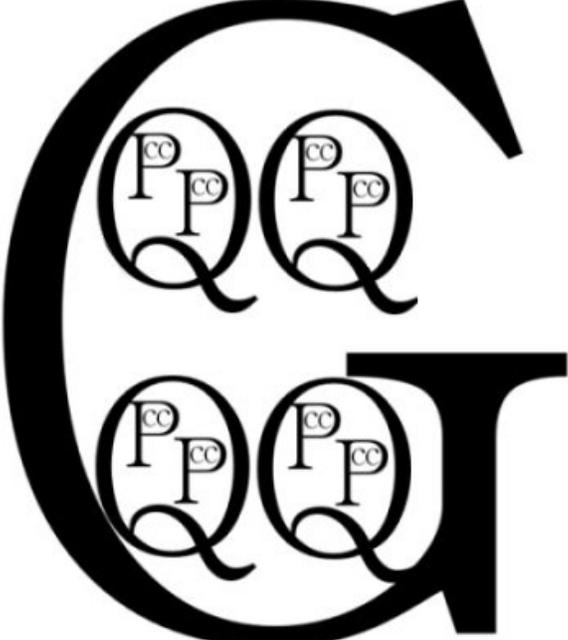


Memory Aides

<p>Cups / Quarts / Gallons:</p> <p>So there's:</p> <p>2 Cups in a Pint 2 Pints in a Quart 4 Quarts in a Gallon</p> <p>And so two "C's" fit inside a "P," two "P's" fit inside a "Q," and four "Q's" fit inside a big, enormous "G."</p>	
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Celsius for those who grew up with the Fahrenheit scale:

30 is hot
20 is nice
10 is cold
0 is ice.

Lots of various mnemonic devices categorized by subject listed on <http://www.betterendings.org/homeschool/fun/mnemonic.htm>

Connection between your mind and body: Balling your right hand into a tight fist can literally help you get a better grip on your memory, according to [a study published in the journal PLOS ONE](#). Doing the same with your left hand later on helps in the retrieval of that memory. They think balling up your right hand gets the area of your brain used for memorizing going, and balling up your left gets the area for retrieval going.

Metric system:

Metric system:

King Hector Doesn't Usually Drink Cold Milk

Kilo	1000
Hecto	100
Deca	10
Units	0
Deci	.01
Centi	.001
Milli	.0001

King Hector Died Miserable Death Caught Measles

Kilometer Hectometer Decameter Meter
Decimeter Centimeter Millimeter

I personally use “Mary, my cow drinks milk, liquor, gin, daily, hourly, knightly” as I shared in the Tips for Homework (Module 5). This includes the prefix “micro” but you have to remember the spaces in between “micro” and “milli”.

Mnemonic peg system

From Wikipedia, the free encyclopedia

A **Peg system** is a technique for memorizing lists. It works by pre-memorizing a list of words that are easy to associate with the numbers they represent (1 to 10, 1-100, 1-1000, etc.). Those objects form the "pegs" of the system. Then in the future, to rapidly memorize a list of arbitrary objects, each one is associated with the appropriate peg. Generally, a peglist only has to be memorized one time, and can then be used over and over every time a list of items needs to be memorized.

The peglists are generated from words that are easy to associate with the numbers (or letters). Peg lists created from letters of the alphabet or from rhymes are very simple to learn, but are limited in the number of pegs they can produce. The [Major System](#) is often used to create pegs. While it is more complicated to learn than simple rhymes or alphabetic pegs, it is limitless in the number of pegs it can produce. Furthermore, a recent modification to the [Major System](#) introduces the concept of dimensions,^[1] which increases the size of the list by a factor of ten with the addition of each new dimension.

Some authors classify lists of items in a room, or list of rooms in the house as well as their contents, as peg lists but prefer to treat these as part of the [method of loci](#). However, in every

respect, the concepts underlying the two systems are identical: in each, a new piece of information gets pegged to something that is already known.

A rhyming example

- 1-gun Visualize the first item being fired from a gun
- 2-zoo Visualize an association between the second thing and a zoo
- 3-tree Visualize the third item growing from a tree
- 4-door Visualize the 4th item associated with a door
- 5-hive Visualize the fifth item associated with a hive or with bees
- 6-bricks Visualize the sixth item associated with bricks
- 7-heaven Visualize the seventh item associated with heaven
- 8-plate Visualize the 8th item on a plate as if it is food
- 9-wine Visualize a glass containing the 9th item
- 10-hen Visualize the 10th item associated with a chicken.

For example to remember the following grocery list of 10 items:

- Apple: Picture an apple being fired from a gun
- Butter: picture a gorilla stomping up and down on a stick of butter
- Razor Blades: Picture a tree with razor blades for leaves
- Soap: Picture a door made from soap
- Bread: Picture bees flying from a loaf of bread as if it is a hive
- Milk: Picture a brick house with milk jugs where the bricks should be
- Cat food: Picture an open can of cat food with angel wings and a halo
- Bacon: Picture bacon on a plate
- Batteries: Picture a wine glass filled with batteries
- Orange juice: Picture a hen being squeezed, and orange juice coming out

Rhyme may also help with memorizing a peglist. Here is another example that includes an element of rhyme:

- one ate a bun
- two in shoes
- three for free
- four on the floor
- five is alive
- six on sticks
- seven in heaven
- eight comes late
- nine down a mine
- ten in a pen

Shape example

Based on the shape of the digits.

- 1-candle
- 2-swan
- 3-camel
- 4-chair
- 5-hook
- 6-cherry
- 7-cliff
- 8-hourglass
- 9-balloon
- 10-baseball and bat