Some thoughts on memory

SHORT AND LONG TERM MEMORY

STM
5-6 items
Decides what to forget
Can’t talk to it directly!

LTM
You can influence the transfer!
TRIUNE BRAIN

Neocortex
Higher-order thinking

Limbic brain
Emotions

Brain stem
Survival

WHAT HELPS US TRANSFER

Emotion
Pictures
Colour
Mnemonics – e.g. initialism
Association
Repetition
Personalisation

Play/fun/humour
Movement
Locus/place/time
Understanding
Stories
Active listening
Previous information
WAYS OF REMEMBERING

Learning by meaning
Secure
Relies on previous knowledge and understanding of subject

Learning by rote
Fast
Can be secure if done properly
Does not need understanding!
Does not need interest or prior knowledge of subject!

RECALL, RECALL, RECALL!

• Recall is what you need to do on the exam, and it needs to be fast
• It would be crazy not to use recall when revising
• You can tune your recall to be Long Term recall

How?

Why?
RECALL — SELECTING LTM

Recall before reading any revision notes – write first on whiteboard/blank paper

Recall without revision will feel painful – this is good!

Selects long term memory – send the message ‘I need you to remember this for ever, I may call on you at short notice!’

READING WITH RECALL — TOP-TIP

Fill STM with 6-8 prioritised items (structural items first)
Recall on whiteboard till secure – maybe rote links instead of logic
Fill in with details and logic if possible
Recall on whiteboard
Repeat, building in logic

Benefits
Never overload STM – so low stress
Don’t need a separate revision session – layered – lower stress
DIFFERENTIAL DIAGNOSIS

'I can't use this (e.g. rote) for everything!'

Prioritise – just use a trick on the bits you can't easily get by understanding.

GUESS THE DRUGS . . .
IMAGE LINKS....
AMERICAN PRESIDENTS — STORY USING FIRST SYLLABLE, GOOD FOR UNFAMILIAR ITEMS

Hoover
Roosevelt
Truman
Eisenhower
Kennedy
Johnson
Nixon
Ford
Carter
Reagan
Bush

INITIAL LETTER STORY — GOOD FOR MORE FAMILIAR LISTS
NUMBERS

1  2  3  4  5  6  7  8  9  0
L  n  m  k  S  b  T  f  p  g

Lisa LoveS GaMeS  →  1503-5

PUTTING IT ALL TOGETHER

[Diagram of bacteria and antibiotic effects]
Pemphigus

Pathophysiology
Normal Histology
Pemphigus Histology
Skin cross-section

Clinical Features
- Blister
- Tender
- Numbness
- Not itchy
- Not healing

Mucous
- Oral lesions
- Mucous membranes
- Oesophagus

Investigations
Specific
- Skin or mucosal biopsy
  - Histology
  - Immunofluorescence

Complications
- With pemphigus -甜食, 糖分.
- With management
  - Treatment - 關鍵要點

Management
- Topical
  - Mecobalamin
  - 乙酰膽鹼酯酶 inhibitor
  - Antihistamines - 藥物
  - Steroids - 免疫抑制劑
  - 類固醇 - 皮膚病治療
- Prophylaxis - 預防