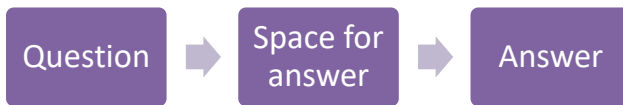


Auditory Note-taking

For the brain that likes to receive information by sound.

Recordings:

- You can create recordings that puts the information into a question answer format.



- You can also record the information being spoken, or almost record yourself teaching yourself.
- Try different speeds of speaking, different accents or different people. Find out what your brain finds easiest to recall.

Mnemonics:

- Mnemonics use the first letter of each word in the to act as a prompt for the information it relates to. They work best when you have made them up and they have meaning to you.

E.g. **N**ever **E**at **S**hredded **W**heat. (**N**orth, **E**ast, **S**outh, **W**est)

Music:

- By fitting the information, you want to learn into a familiar tune, or using a song as an anchor to recall keywords.
- Sometimes just having music on in the back ground can help the information go into your long-term memory for easy recall later.

Rhythm:

- To make auditory recall effective you need to use small chunks of information. Don't overdo the amount of information you expect your brain to process. Small bite sized bits of information are best.
- Reciting the information out loud can help you consolidate it. As can working with someone else where you can discuss the topic and hear the information out loud.

To Consider

Remember that sound waves travel slower than light waves and the brain needs more time to process information. If you are just not "getting" the information, try and find another way of hearing it. Ask the teacher to explain it differently, it may just be the words aren't working for you.

The sense of sound is the only sense that is alert 24hrs a day. Play your recordings whilst asleep, the brain will be listening. **WARNING**

– this does not mean you can just sleep and not do any other work
but the recordings you make can be listened too whilst asleep also.