

# Mind Trix (Learning methodologies)

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"Mind Tricks: Tools to Enhance Your Memory, Learn Faster, and Enhance Your Mind Power" is a comprehensive course designed to unlock the hidden potential of your mind through practical and scientifically proven techniques. This course equips students with effective memory-enhancing methods, speed learning strategies, and cognitive improvement tactics. Participants will explore various concepts, including memory systems, mnemonic devices, and brain optimization, empowering them to maximize mental performance in personal, academic, and professional settings.

## LEARNING OBJECTIVES

Understand the science behind memory and learning, and recognize the factors that affect information retention.

Identify and apply a variety of mnemonic devices, such as the Method of Loci, acronyms, acrostics, and imagery techniques, to enhance memory performance.

Implement effective learning methodologies, including spaced repetition, active recall, and mind mapping, to optimize study habits and improve academic outcomes.

Assess and appreciate their personal learning styles and preferences, and tailor mnemonic techniques and learning strategies accordingly.

Develop and maintain a personalized learning toolkit that combines mnemonic devices and learning methodologies to optimize information retention and retrieval.

Engage in continuous self-assessment, reflection, and goal-setting to ensure ongoing improvement and growth in their learning journey.

Apply the acquired memory techniques and learning methodologies to real-life scenarios, fostering lifelong learning and personal development.

## C'S OF EDUCATION

COLLABORATION

COMMUNICATION

CRITICAL THINKING

CREATIVITY

## AGE GROUP

From 13 to 19

## SCENARIO LANGUAGE

English

## TOTAL DURATION

10 hours 30 minutes

## SUBJECTS

CROSS CURRICULAR

DESIGN - TECHNOLOGY

INFORMATICS / ICT

PSYCHOLOGY

## S1: FOUNDATIONS OF MEMORY AND LEARNING

45  
MINUTES

### A1.1. Introduction to the science of memory

INTERACT & INSTRUCT

## C'S OF EDUCATION

CRITICAL THINKING

## TOOLS

Interactive video tool

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#### DESCRIPTION

The teacher shares a video with the students to which feedback questions, instructions or quizzes have been added. By analyzing the individual results on the platform of the tool, the teacher gets feedback on the understanding of the students.

45  
MINUTES

## A1.2. Factors affecting memory and Learning

INVESTIGATE & RESEARCH

#### C'S OF EDUCATION

CRITICAL THINKING

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#### TOOLS

Interactive video tool

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#### DESCRIPTION

The teacher shares a video with the students to which feedback questions, instructions or quizzes have been added. By analyzing the individual results on the platform of the tool, the teacher gets feedback on the understanding of the students.

### S2: MNEMONIC TECHNIQUES

45  
MINUTES

## A2.1. Introduction to mnemonic devices

INTERACT & INSTRUCT

#### C'S OF EDUCATION

COLLABORATION

COMMUNICATION

CREATIVITY

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#### TOOLS

Image based tools: image sharing tool, online whiteboard ; Multimodal production tools : digital pinboard, presentation tool; Knowledge organization and sharing tools: social bookmarking tool.

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#### DESCRIPTION

Firstly student work in small groups on a certain topic assigned by the teacher. Then, they are divided into new groups and rotate between the stations teaching each other about the content they were working on.

45  
MINUTES

## A2.2. Association techniques

EXCHANGE & DISCUSS

#### C'S OF EDUCATION

COLLABORATION

COMMUNICATION

CREATIVITY

#### TOOLS

Image based tools: image sharing tool, online whiteboard ; Multimodal production tools : digital pinboard, presentation tool; Knowledge organization and sharing tools: social bookmarking tool.

#### DESCRIPTION

Firstly student work in small groups on a certain topic assigned by the teacher. Then, they are divided into new groups and rotate between the stations teaching each other about the content they were working on.

45  
MINUTES

### A2.3. Acronyms and acrostics

EXCHANGE & DISCUSS

#### C'S OF EDUCATION

COLLABORATION

COMMUNICATION

CREATIVITY

#### TOOLS

Image based tools: image sharing tool, online whiteboard ; Multimodal production tools : digital pinboard, presentation tool; Knowledge organization and sharing tools: social bookmarking tool.

#### DESCRIPTION

Firstly student work in small groups on a certain topic assigned by the teacher. Then, they are divided into new groups and rotate between the stations teaching each other about the content they were working on.

45  
MINUTES

### A2.4. Imagery and visualization

EXCHANGE & DISCUSS

#### C'S OF EDUCATION

COLLABORATION

COMMUNICATION

CREATIVITY

#### TOOLS

Image based tools: image sharing tool, online whiteboard ; Multimodal production tools : digital pinboard, presentation tool; Knowledge organization and sharing tools: social bookmarking tool.

#### DESCRIPTION

Firstly student work in small groups on a certain topic assigned by the teacher. Then, they are divided into new groups and rotate between the stations teaching each other about the content they were working on.

**45**

MINUTES

## A3.1. Spaced repetition

CREATE

### C'S OF EDUCATION

COMMUNICATION

CRITICAL THINKING

### TOOLS

Online quiz platform and a quiz prepared by the teacher in advance.

### DESCRIPTION

A short, ungraded online quiz to check for understanding (True/False, multiple choice, matching, etc.). Students can discuss their answers in pairs before answering. Both students and the teacher receive immediate feedback. Depending on the type of quiz (with questions displayed on the main screen or on students' devices only), the teacher can provide general feedback for the whole class group or students can work independently on the feedback provided on their screens.

**45**

MINUTES

## A3.2. Active recall

CREATE

### C'S OF EDUCATION

COMMUNICATION

CRITICAL THINKING

### TOOLS

Infographic tool

### DESCRIPTION

Students analyse data and create an infographic poster which visualizes and summarizes the core components as well as the logical relations between the components.

**45**

MINUTES

## A3.3. Mind mapping

CREATE

### C'S OF EDUCATION

COLLABORATION

COMMUNICATION

CRITICAL THINKING

### TOOLS

Classroom: paper and post-it notes. This activity can also take place online by making use of digital canvases or shared documents.

### DESCRIPTION

The teacher puts large sheets of paper with questions or topics in different places in the classroom and divides the class into the groups equal to the number of sheets. Each groups gets 5-10 minutes to brainstorm ideas on the topic. When the time is up, they move to another poster.

45  
MINUTES

### A4.1. Identifying individual learning styles

INVESTIGATE & RESEARCH

#### C'S OF EDUCATION

COLLABORATION

COMMUNICATION

CRITICAL THINKING

CREATIVITY

#### TOOLS

Rubric tool

#### DESCRIPTION

The learners are positioned in an inner and an outer circle. The students in the inner circle discuss a topic and the members of the outer circle observe someone from the inner circle, by making notes and/or using a rubric.

45  
MINUTES

### A4.2. Combining mnemonic techniques and learning methodologies

INVESTIGATE & RESEARCH

#### C'S OF EDUCATION

COLLABORATION

COMMUNICATION

#### TOOLS

Texts can be distributed on paper or on a shared online document.

#### DESCRIPTION

The teacher assigns parts of a text or task to different students in the group. Each student becomes an expert in his part and then explains it to the other students.

45  
MINUTES

### A4.3. Continuous improvement and reflection

INVESTIGATE & RESEARCH

#### C'S OF EDUCATION

COMMUNICATION

CRITICAL THINKING

#### TOOLS

Polling tool

#### DESCRIPTION

Before, after or during a speech, the teacher asks a question to the class. Students answer (with a short paragraph) individually or in groups using a voting tool. Answers are displayed on the board and can be discussed with the class. For instance "what can we learn from this activity?" would be a good question to raise metacognition skills. PROS : every student has time to think and propose an answer.

### S5: FINAL PROJECT AND COURSE REFLECTION



#### A5.1. Final project: Personalized learning Toolkit

PRESENT & SHARE

#### C'S OF EDUCATION

CRITICAL THINKING

#### TOOLS

Form or poll tool

#### DESCRIPTION

Students provide feedback on their level of interest in the concept or topic suggested by their peers or by the teacher. They can show that they are very much interested, quite interested, or not interested at all. Alternatively, they can grade their level of interest on a scale, e.g. from 1 to 10.



#### A5.2. Course reflection and future applications

ASSESSMENT & FEEDBACK

#### C'S OF EDUCATION

CRITICAL THINKING

#### TOOLS

Rubric maker tool

#### DESCRIPTION

When completing an assignment, students fill in a self-reflection sheet and they grade themselves according to rubric criteria.



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