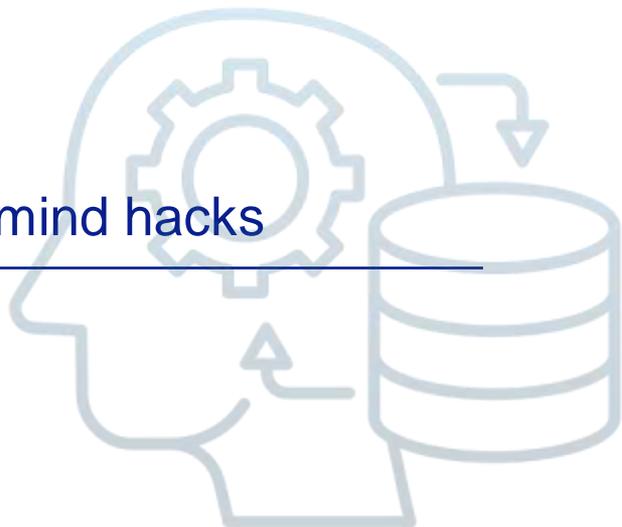


## **Total Recall:**

Instantly improve your memory with these five mind hacks

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Sudesh Kannan aka Dr K, [DrSudeshK@yahoo.com](mailto:DrSudeshK@yahoo.com)



**“The Four Cs”**  
**Critical thinking,**  
**Communication,**  
**Collaboration,**  
**and Creativity.**

*“Most important of all will be the ability to deal with change, learn new things, and preserve your mental balance in unfamiliar situations.”*

*-Yuval Noah Harari, 21 Lessons for the 21st Century*

# Five Brain Tips – Memory, Security, Learning

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- Learn, Unlearn, Relearn
- Emotional Intelligence
  - Feelings are important parts of learning and security
- Brain Tip #1 – Motivation and Action – Keys to shaping our brains
- Brain Tip #2 – Deliberate Practice – Neurons that fire together wire together
- Brain Tip #3 – Memory Pegs – Words, Movies & Action
- Brain Tip #4 – Memory Palace – Hunter-Gatherer Brain
- Brain Tip #5 – Taking Notes - Mind maps – pen/pencil and paper

# Outline of the talk



# Tip #1 Motivation & Action

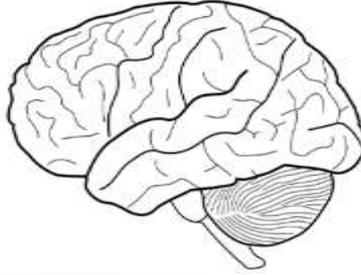
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- Why are you doing this workshop?
- Explore Your Feelings
  - Consider Success scenarios
  - Consider Failure scenarios
- What will you gain through actions?
- Daily mini-actions?



# Good News! There is hope

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Slow Brain



**Knowledge**

Knowledge is a process of piling up facts; wisdom lies in their simplification.

- Martin Luther King, Jr.

Fast Brain



**Behavior/Habits**

“We don’t rise to the level of our expectations, we fall to the level of our training.” – Archilochus

Social Brain



**Learn/Teach**

“We teach best what we most need to learn” – Richard Bach

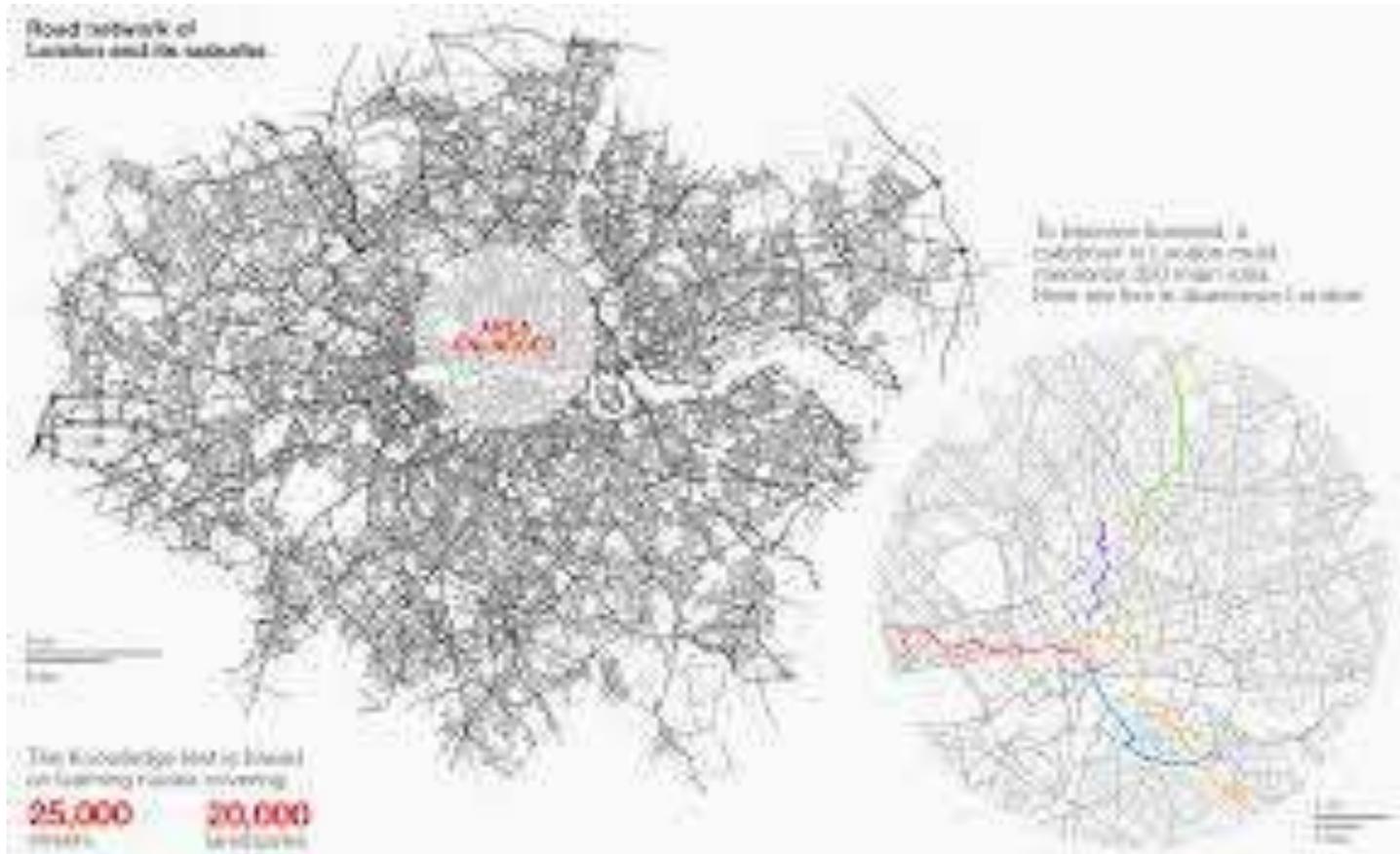
## Tip #2 – Deliberate Practice

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1. Neurons that fire together, wire together
  - **Growth through continuous learning (including mistakes)**
  - **Promote self-learning and adapting behavior**
  - **Learning through Teamwork**
2. Practice the hard stuff
3. Test, test and test

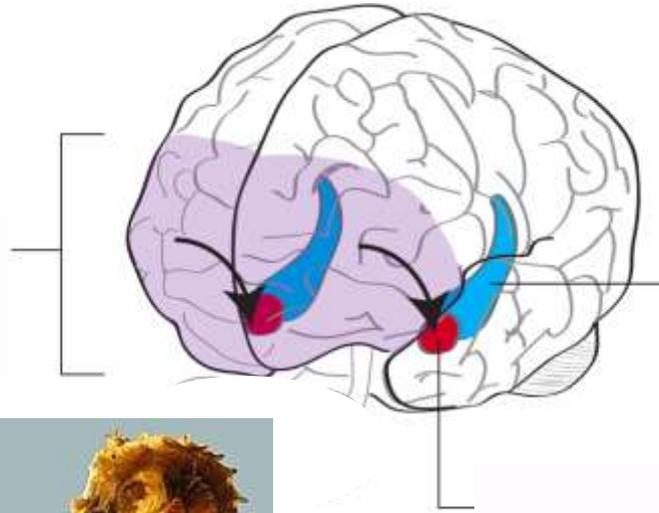


# “Knowledge” Test – Can you improve your memory?



# Security, Memory, Feelings, Stress and Learning

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# Visual Brain

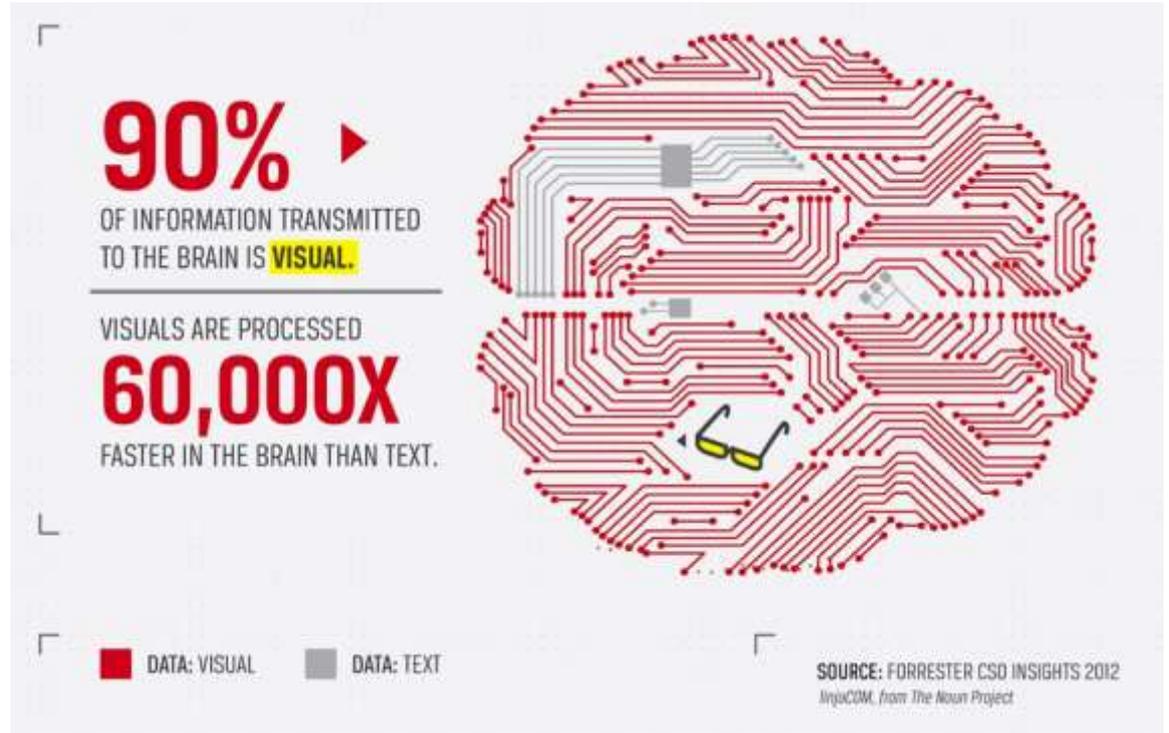
Homo Sapiens 300,000 years to 10,000 years ago

## Hunters and Gatherers

Visual Brain

- ❖ Location
- ❖ Association/Linking
- ❖ Imagination

Rote learning is boring



# Take 30 seconds to remember this list

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- Baseball
- Baseball bat
- Cobra
- Handcuffs
- Flag
- S-shaped hook
- Elephant trunk
- Boomerang
- Egg timer
- Balloon



# STUMP THE CHUMP – DR K

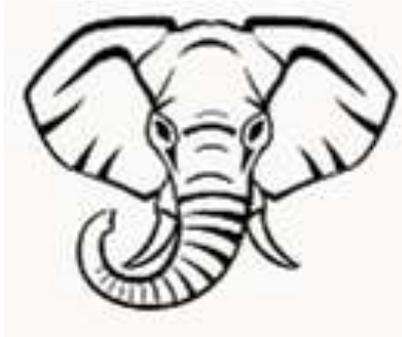
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- (0) Baseball
- (1) Baseball bat
- (2) Cobra
- (3) Handcuffs
- (4) Flag
- (5) S-shaped hook
- (6) Elephant trunk
- (7) Boomerang
- (8) Egg timer
- (9) Balloon



# Brain Tip #3 – Visual Pegs

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# Practice Memory Pegs Ten Tasks

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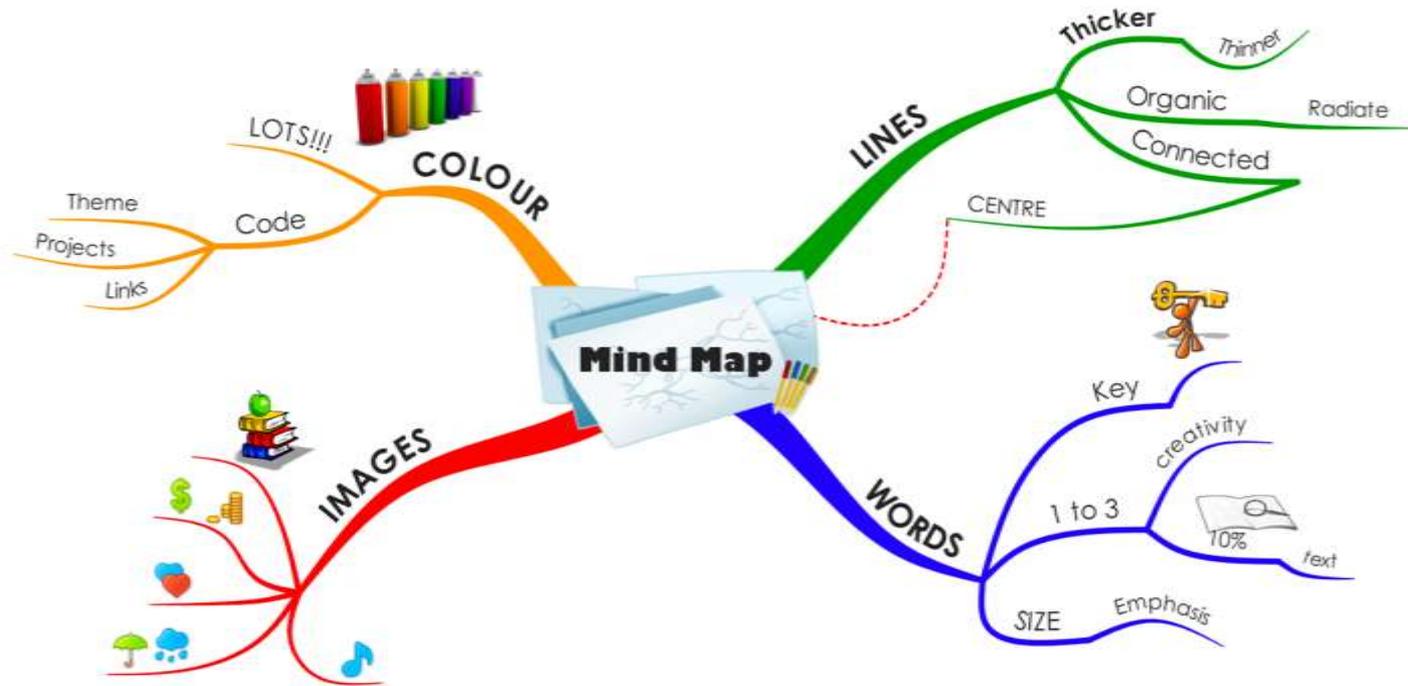
1. "Meow" like a cat every time you get an email
2. Call someone and tell them you can't talk to them right now
3. Convince someone you are from the future
4. Create a random piece of art and offer it in Ebay for \$10,000
5. Meet friends dressed in a weird costume
6. Dress mismatched to work zoom meeting
7. Glue coins to the sidewalk
8. Only speak in song lyrics for an hour
9. Say Yes to everything for a day
10. Wear a funny tattoo (removable)

<https://bucketlistjourney.net/funny-bucket-list-ideas/>

# Brain Tip #4 Memory Palace



# Brain Tip #5 - Take Notes with Pen & Paper - Mind Maps



# Outline of the talk



# Where can you learn more?

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- Dominic O'Brien. *How to Develop a Brilliant Memory Week by Week: 50 Proven Ways to Enhance Your Memory Skills* (2014)
- Ron & Marty Hale-Evans. *Mindhacker: 60 Tips, Tricks, and Games to Take Your Mind to the Next Level* (2011)
- Yuval Noah Harari. *Sapiens: A Brief History of Humankind Hardcover* (2015)
- Antonio Damasio. *The Strange Order of Things: Life, Feeling, and the Making of Cultures Hardcover* – Deckle Edge, February 6, 2018
- Das, S., Lu, D., Lee, T., Lo, J., & Hong, J. I. (2019, October). *The Memory Palace: Exploring Visual-Spatial Paths for Strong, Memorable, Infrequent Authentication*. In Proceedings of the 32nd Annual ACM Symposium on User Interface Software and Technology (pp. 1109-1121).
- Reach out to [DrSudeshK@yahoo.com](mailto:DrSudeshK@yahoo.com) for any help!



# Take a Photo or Scan the QR codes

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*<http://www.meditation-magic.com/blog/key-to-happiness-cultivate-our-capacity-for-kindness>*

