



FRED



Hack Your Memory

A standalone 45-minute session aimed at **improving memory** and refining **revision techniques**

Learn about:

- **Metacognition**
- **Focussed & Diffused Learning**
- **The Pomodoro Technique**
- **Working & Long-Term Memory**
- **Interleaving & Active Recall**

Use the **SNaPS** technique to memorise the **Seven Wonders** of the **Ancient World**:



Memorise useful quotations with:

Quotation Notation



IMBTFO L, PO!