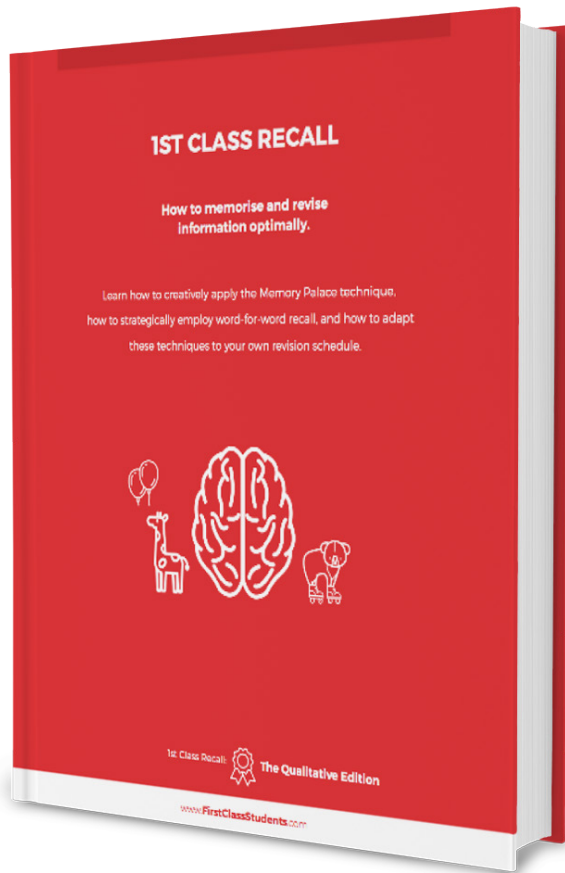


1st Class Recall



These are the book's goals

Teach methods for optimal memorisation

- Learn how to apply the Memory Palace technique to essay outlines
- Learn how to best memorise text word-for-word.
- System is fully adaptable to your revision schedule, no matter if you are starting on 1 June or 1 May.
- **TEACHING GUARANTEE**
I will answer any further questions if the book did not answer them for you
- Your **MONEY BACK** if that is not enough.

SEE FOR YOURSELF

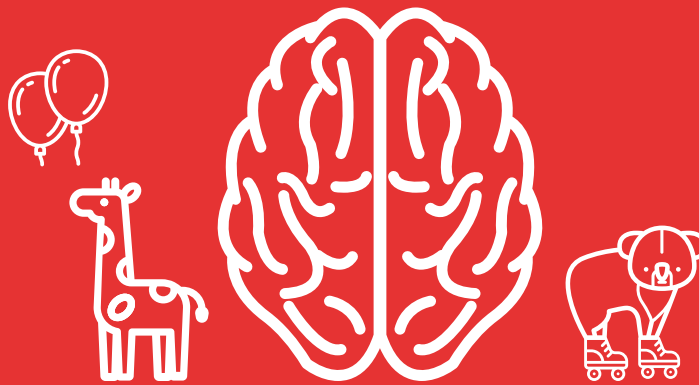
Copy or click the link to see a preview right here:

www.firstclasstudents.com/the-1st-class-study-systems-book-trilogy

1ST CLASS RECALL

**How to memorise and revise
information optimally.**

Learn how to creatively apply the Memory Palace technique,
how to strategically employ word-for-word recall, and how to adapt
these techniques to your own revision schedule.



1st Class Rec all:



The Qualitative Edition

This is a short preview of the book that only displays a couple of parts taken from the books various sections.

Every time you see this symbol [...], it means that several pages or at least parts of a page have been omitted.

You can get the full version by visiting:

<http://www.firstclassstudents.com/s/1st-Class-Study-Systems>

There you will find information on pricing and a link to the online store at the very end.

Just copy the link and paste it into your browser or click on it directly.

Please don't hesitate to contact me via the contact form at www.FirstClassStudents.com if you have any questions. I'll get back to you asap.

**Cheers,
Oliver :)**

Topic Overview

The Memory Palace Technique

Word-for-Word Recall

How To Adapt These Techniques To Your Revision Schedule

(You will find a detailed index at the back of the book)

All The Facts Are On The Internet - But Memorisation Is Still King

In an age of Google, memorisation is still important for at least three reasons:

1. Knowledge must be in your head if you are to work with it creatively: putting it together, taking it apart, examining whether it makes sense in light of other knowledge etc.

This is a big part of what universities try to examine.

2. You won't have access to books or the Internet in the exam.

3. Even if you do prepare well, time is a significant enemy in the exam. Therefore, rapid recall can be a huge advantage.

What This Is Not

Reading things like 'word-for-word recall' on the book's cover might make some people sceptical. Am I teaching people to just memorise information without understanding? Will students turn into mindless copying machines? Is that what '1st Class Recall' means? Of course not.

Memorising is not meant to be INSTEAD of understanding. We are talking about understanding PLUS memorising. I fully agree that you need to be able to flexibly apply whatever you have memorised. And that is what I teach.

In any case, if you are to 'know' information, it must be stored in your head one way or another. If knowledge is stored more securely in your brain, you will be better at applying it. In that way, I believe that good memorisation actually supports understanding.

Now, as far as exam prep **and the huge amounts of information that each course requires are concerned**, the simple fact is that some ways are **better than others for storing all that information in your head**. Different types of memorisation, all the way to word-for-word recall, are great tools to have in your toolbox.

Other students will just repeat the same information over and over again, hoping that it will stick. Using memorisation techniques simply means **recollection of what you have learnt at a whole other level.**

These methods helped me optimally revise the information I learnt in each course, both for short-term and long-term learning. However, anybody can learn them....

Scientific Studies Show It Works - For Everyone

I am not an individual who just happens to have a good memory. Nor is this something that just happens to work well for me.

Here's an article from "The Guardian", which discusses one scientific study:

<https://www.theguardian.com/science/2017/mar/08/ancient-technique-can-dramatically-improvememory-research-suggests-memory-palace>

Here are two key quotes from the study that I would like to highlight.

"After training we see massively increased performance on memory tests," said Dresler. "Not only can you induce a behavioural change, the training also induces similar brain connectivity patterns to those seen in memory athletes." "

"Everyone using the technique can improve quite substantially from the level they're at"

The study mentions that study participants trained for 6 weeks. However, don't take this to mean that you need to train for 6 weeks. The Memory Palace technique can be applied immediately.

The Memory Problem For Essay-Based Courses

As you were studying for your course throughout the year, you gradually acquired new knowledge. Armed with this knowledge, you were now able to answer questions on a topic that you previously knew little about. In fact, you came to 'own' and have command of that knowledge to such a degree that you learnt how to produce not just short verbal answers, but long written answers backed up by examples and evidence from relevant literature. Well done writing those essays!

However, now let's assume that you started studying early in the year and that you finished your preparation for this course in November. You then spent December to March working on other courses and now it's April or May and you are looking at your essays and it's like another person wrote them. How on earth are you supposed to write like that in the exam?

Even if your timing was different and you can swiftly transition from studying the course to revising for it, how are you supposed to prepare for the exam? How do you make sure that all the things that went into your practice essays will also be stored in your brain and be ready for fast access in the exam? How do you memorise all those notes?

What Kind Of Results Can The Memory Palace Technique Deliver?

The number Pi (π) has a never-ending irregular sequence.

3.141592.....

The world record for memorising further digits of Pi is **70,030**.

That is not a typing mistake. Sure, a computer could do that easily but how can humans do it?

Memorising numbers is just one example. The 'World Memory Championships' is where people compete to memorise vast amounts of information - always using the Memory Palace technique.

The book 'Moonwalking with Einstein' explores the curious world of those people who spend their time memorising vast amount of mostly useless information such as random numbers, fake historical facts, the sequence of card decks and other things.

I read that book in my first year at university, thinking I had found a silver bullet.

But actually applying these techniques to the type of knowledge you are exposed to at university turned out to be tricky. I couldn't figure it out in the first year of my degree so I stuck to just revising and practicing like crazy. My grades were okay but nothing spectacular.

Over the remaining 3 years of my degree, I refined my approach and eventually got it to work. This is what you will find in this book.

Let's jump right in!

The Memory Palace Technique

How Does The Memory Palace Technique Work? Why Does It Work?

Humans are very bad at remembering abstract information like numbers (I can probably remember 7 numbers or so without applying the technique).

Yet on the other hand, humans are extremely good at remembering places they have been, without even trying hard. So, for example, if you close your eyes, you'll probably be able to walk through the building you live in, the town where you live, a friend's place that you perhaps only visited once, and so on.

Humans can effortlessly remember spatial information. This seems to be one of the key tasks are brains evolved to handle. As hunter-gathers, knowing the savannah or knowing how to get to that far-away river was essential for survival.

For that reason, you can, for instance, close your eyes and visualise your classroom in high school. You did not have to 'study' to be able to do this. And despite the fact that you have probably not been there in years, you did not 'forget' the room - Feel free to try it right now.

So generally speaking, **a Memory Palace is a place you know well.** Places you have lived, parts of your town, supermarkets etc. It is usually easiest to start with the place where you currently live. However, precisely because humans are so good at remembering spaces, you could quite easily go to a new place and start using that as a new Memory Palace.

An Example

Let's say you want to remember a shopping list consisting of **tomatoes, eggs and a watch.**

Now imagine this:

You lie in bed with your bed full of mushy **tomatoes.** You can feel the liquid tomatoes all over your skin, as you lie there covered in tomatoes.

Then you walk to the door and you see hundreds of raw **eggs** have been thrown against it - emitting a ghastly rotten egg smell.

Next, you go to the bathroom where a huge golden Rolex **watch** with a human face on its dial greets you 'good morning' - with a massively creepy grin of course.

The Underlying Principle

The underlying principle is that you are connecting new information (the shopping list) to something your brain already knows really well (the location where you live).



Encoding Abstract Information

We could have used 20 items on our shopping list and by closing your eyes and walking through your Memory Palace repeatedly, you'll find that you can remember things not just faster when compared to rote memorisation but, more importantly, that you can most likely remember your shopping list days and weeks later.

All you have to do is to walk through your memory palace, literally just seeing the information you need. Shopping lists are easy to recall. But how is it possible to remember abstract information like concepts and numbers? I will show you in the remainder of this section, using plenty of examples.



It Actually Makes Revision A Lot More FUN !

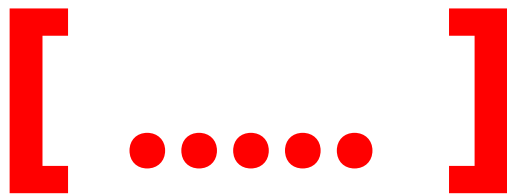
The cool thing about the Memory Palace technique is that it completely changes the experience of revising information for exams.

Instead of just relying on endless repetition of information - which feels like **taking a hammer to painfully pound something into your brain** - the act of memorisation has now become **creative and entertaining**.

If rote learning feels like a 12-hour shift on an assembly line, Memory Palace-style learning is more like using your imagination to paint a vivid picture.

Moreover, you can now actually get away from your desk. You can lie in bed with your eyes closed (I also recommend using earplugs!) and still be studying because you are walking through your Memory Palace.





**Click or copy the link below to get the full version.
Learn the memorisation strategies that can help you score 70+ marks**

www.firstclasstudents.com/s/1st-Class-Study-Systems

This Will Save You Time - What I Recommend You Do

[.....]

So here's the step-by-step process that I have found to be the fastest.

[.....]

7) Well done! You have learnt to use the same memorisation technique that World Memory Champions use.

You now know how to store every single idea, example and source mentioned in your essays in a Memory Palace. If, in the exam, you have the opportunity to write an essay similar to one of your practice essays, you will be able to replicate the content of your essay easily by going through your Palace as you write - thereby ensuring that you can use everything that you have learnt in the exam. Even if you find yourself writing an essay in answer to a new question, you will still be able to look through your Palace for inspiration. You can then either write out certain bullet points or 'teleport' to different areas of your Palace (= different pages of your notes) as you plan your new essay, or even as you write it.

In the next part of the book, we will look at a very different tool for memorisation, namely word-forword memorisation.

In the final section, I will discuss how you can adapt both techniques to your revision schedule.

Word-for-Word Memorisation



You Can Do It

However, when I mention the 1st Class essay case studies in 'The Anatomy of a 1st Class Essay', many people question whether it is even possible to memorise so much text word-for-word. After all, a single essay has around 1,000 words. Moreover, memorising eight essays of around 1200 words implies memorising close to 10,000 words. Are humans even capable of such feats?

Sure! Movie and theatre actors, who memorise their exact lines for plays, poems, and films are one example. Those who memorise entire religious books are another example. There are many people in the world today who have memorised the entire Koran or the entire Bible, or at least vast portions of these books word-for-word. Compared to memorising a Shakespearean play in Old English or entire chapters of a holy book, memorising an essay that you wrote yourself is comparatively easy - and definitely something you are capable of,





Anchoring

The Memory Palace technique connected new information (images) to already known spacial information (Palaces).

Here, we will take advantage of a different method for encoding information.



Word-for-Word Recall

The traditional method for memorising a poem or other text involves looking at a sentence and then repeating it without looking at the page. Then you add the next sentence and try to repeat both sentences without looking at the text. You continue in this way until you have memorised the entire text.

You can make this process a lot faster by using anchoring.

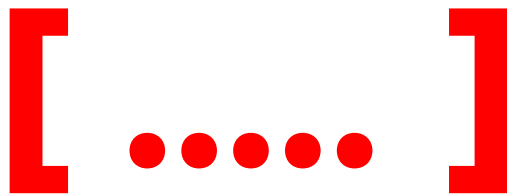


Word-For-Word Recall Steps

Here are the steps that you will be following:

[.....]

How To Adapt These Techniques To Your Revision Schedule



**Click or copy the link below to get the full version.
Learn the memorisation strategies that can help you score 70+ marks**

www.firstclasstudents.com/s/1st-Class-Study-Systems

How much time does the memorisation of an essay (= your notes) require?

Memory Palace



importantly, you will require **substantially less repetitions** going through your Memory Palace when **compared to the amount of repetitions you would require using any other method while maintaining the same retention rate**. Outstanding speed and retention is why it is the number one method used by World Memory Champions.

If we are talking about a single essay, you could easily memorise all key points even if you do this just one day before the exam.



Mixed Approach

If you have a minimal amount of time, at the very least, you should be able to easily memorise any important definitions word-for-word as well as a couple of key paragraphs that you are sure you will be able to use in the exam. Furthermore, you should be able to memorise many if not all of your essay outlines using the Memory Palace technique with just one image per paragraph. All of this is doable even if you have your exam tomorrow.

However, assuming you have a little more time, you could try using a mixed approach.

You could create a table like the one below and



2) If You Have Lots of Time

(Now as you read this or as you apply this system next year)

In this case, your strategy is straightforward.

Follow the advice in 'The Anatomy of a 1st Class Essay' and produce the required number of 1st Class essays.

If you now use the Memory Palace technique and word-for-word memorisation to upload everything that you have written into your head, you will be ready for the exam.

In fact, by following this system, you have virtually guaranteed that you will score 70+ marks.

After developing this system myself, I always scored in the 70-81 marks range in essay-based courses.

Good Luck in Your Exams!

This concludes this book. We have looked at how the very best in the world memorise vast amounts of information with very high retention rates. The approach is creative and definitely more fun than hammering the same information into your head over and over again, hoping that it will stick. We have also looked at anchoring and how this can help you memorise short or long passages of text.

I hope that this book will help you memorise all the information that you acquired over the many weeks and months that you spent studying for your course. Having excellent memory capabilities should further your learning and help you do well in your exams.

Wishing you lots of success in your studies,

Oliver

FirstClassStudents.com

**Currently you get over 20% off all products.
Prices will be higher next year.**

No downside: 101% Money-Back Guarantee

Come & see for yourself

**Click or copy the link below to get the full version.
Learn the memorisation strategies that can help you score 70+ marks**

www.firstclasstudents.com/s/1st-Class-Study-Systems

