

The importance of Giordano's memory system in remembering information

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Annotation: The Giordano memory system and the possibilities of its creation and the limitations of the system, as well as the scientific basis of the Giordano system are widely covered in the article.

Keywords: Giordano system, scientific basis, electrical memory, reflex memory, memory theory, memorization, simplicity, versatility, efficiency.

Introduction.

The Giordano memory system was created in 1990 and is the most advanced practical memory system. It is a specially designed system for effective memorization of information that occurs frequently in everyday life and in the process of learning various subjects.

Unlike other memory systems, the Giordano system is free of unnecessary and impractical techniques, and its practical basis is the principles of classical mnemonics and the elements of Giordano Bruno's system of memorization. There are many different memory systems in the world, and these systems are combined into one integrated system based on simplicity, versatility and efficiency.

- Simplicity means that memorization methods are easy to learn and "transparent" to understand how they work.

- By versatility, we mean that the system allows you to remember almost any information.

Efficiency guarantees complete control over the process of memorizing and storing information in the brain.

Giordano's system primarily focuses on remembering logically related information, such as: phone numbers;

- addresses;
- surnames and first names;
- exact dates;
- geographical names;
- anecdotes;
- encyclopedic information;

- texts, lectures.

At the same time, the system allows for efficient memorization of logically unrelated information:

- chains of words;
- numbers;
- cards;
- letter combinations.

Most people don't realize that memory techniques are only a small part of what you need to know to remember effectively.

Scientific validity

Without knowing the mechanism of information recognition in the brain, it is impossible to create an effective memorization system. Giordano's system describes memory mechanisms. There are two mechanisms for identifying connections in the brain:

- electrical memory;
- reflex memory.

The basis of human thought processes is visual thinking, and thinking is considered as a means of communication intended for speech.

The concept of "specific" or "cue" information, not emphasized by Giordanio, is introduced and the brain's response to different types of information is explained: why some information is automatically remembered and others not.

In Giordano's system, memorization methods are systematized and unified. Any information is remembered by a combination of a limited set of techniques.

The entire memorization process is divided into four stages:

- coding of information elements into visual images;
- actual memorization process;
- remember the sequence of information;
- consolidation of information in the brain.

It is very difficult to remember the information in the text verbatim, but it is very easy to remember the sequence of paragraphs that are very close to the text and all the specific information of the paragraphs. Texts are memorized according to the principle "from parts to the whole". The more specific information is in the text, the more accurately it can be remembered.

The concept of "memory ability" is introduced as the dynamics of visual thinking and attention processes. A computer test was developed to test memory ability. The test compares the memorization abilities of different people with significant changes in speed, volume, and error parameters.

The amount of memorized information in Giordano's system is the amount of information that is remembered "in one breath", without interruptions, without the possibility of repeated perception of elements and subsequent homogeneous interventions (a distracting task containing elements of memorized information). understood.

Features of the Giordano system

The system makes it possible to store in the brain hundreds and thousands of individual information messages (individual phone numbers, historical dates, terms and their interpretation, etc.), which can be remembered both sequentially and immediately. The system allows you to quickly find information that contains the same elements in the brain. For example, all dates related to one number.

The speed of memorizing information depends on the level of training of each person and the complexity of the information. When memorizing figurative codes (pictures for two-digit

numbers), with a short training, an average speed of 3 seconds per two-digit number is easily achieved. This means that it will take 5 minutes to memorize 100 two-digit numbers. The student standard for memorizing 100 two-digit numbers is 10 minutes (6 seconds for a visual image).

Information memorized by mnemonic methods is automatically deleted after some time. When using special methods of combining information, you can organize its storage time in the brain - from 1 hour to lifelong storage.

It is possible to rewrite information in the brain (replace phone numbers, rewrite table elements). The method of collecting a large number of phrases in the brain (including in a foreign language) and adapting them to automatism is considered. However, it is based on visual images and takes some time to remember and consolidate.

Limitations of the Giordano system

The amount of information that can be remembered in the Giordano system is extremely limited:

- number of auxiliary supporting images;
- the speed of memorizing a specific person;
- Fatigue that inevitably appears in the process of memorization;
- the need to combine and repeat previously mentioned information.

High-speed memorization is possible only if the figurative codes for memorized data elements are learned in advance. Due to the need for detailed encoding of images, the rate of recall of any other information is much lower.

All memorization in the Giordano system is based on mental operations with visual images in the imagination. People who don't like it can use other memory systems that don't actively use visual thinking to memorize.

Giordano's system belongs to modern mnemonics. But there are other systems, the authors of which are not limited to reading old books, but try to learn the secrets of the brain and understand the principles of its operation. A distinctive feature of modern mnemonics is the presence of a theoretical base. Based on the theory of memory, previously known methods of memorization have been significantly improved and integrated into a specific memorization system aimed at solving specific problems. There are specialized systems aimed only at learning foreign languages. There are ways to learn complex motor skills.

Giordano's system is adapted to memorizing specific information. The Giordano system allows you to remember such information that is almost impossible to remember and, as a rule, no one tries to remember.

Now let's take a look at the list of main rules that distinguish the Giordano system from other memory systems.

1. The concept of "electrical memory" is the process of establishing communication between simultaneously working nerve cells of the brain.
2. The main mental operation leading to memorization - "combination of images" is shown.
3. The concept of "Memorization Meaning" is a sequential connection of elements of one information message.
4. The concept of "precise information" - its elements do not create visual images in the imagination when perceived.
5. The main method of memorization in Giordano's system is the formation of an association consisting of bases and elements. This method of memorization is the only correct one and comes from the concept of "Memorization Meaning" and the scheme of forming an electrical connection.

6. The concept of "fixed figurative codes" - images that replace frequently repeated elements of information that must be unique and unchanging.
7. The concept of "system of internal stimulation of the brain" is introduced - a system of pre-memorized fixed images with spatial frequency filters from a neurophysiological point of view. Created associations connected to them. With their help, scanning of the brain and reading of previously formed image combinations is carried out.
8. Multilevel support image systems are used, built from combinations of ten basic techniques of sequence memorization.
9. Any combination of symbolic codes is prohibited. Also, the use of symbolic codes as a supporting image is prohibited.
10. The concept of "memorization skill" is introduced and a computer test is developed to check the formed memorization skill. Standards for memorization techniques have been introduced according to the Giordano system.
11. The concept of "phonetic figurative codes" used for quick memorization of foreign words was introduced.
12. A logical connection refers to any connection created in the imagination between visual images.
13. "Understanding" means imagining spatially organized visual images.
14. Four main stages of memorization are clearly defined: encoding information elements into images, memorizing (connecting images), determining a sequence of associations (directly with each other or with a supporting image using systems), strengthening connections in the brain (three methods of mental repetition).

In conclusion, we can say that the Giordano system is based on the principles of classical mnemonics, and its foundation consists of practical techniques.

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