

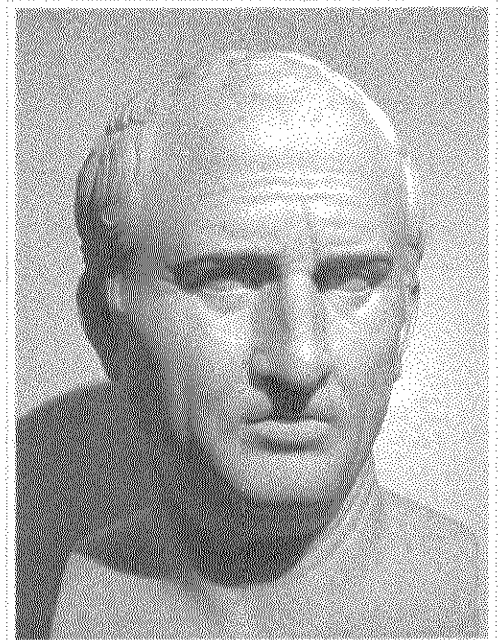
Method of loci

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Methods of memorizing.

The **method of loci** (*loci* being Latin for "places"^[1]), also called the **memory palace** or **mind palace** technique, is a mnemonic device adopted in ancient Roman and Greek rhetorical treatises (in the anonymous *Rhetorica ad Herennium*, Cicero's *De Oratore*, and Quintilian's *Institutio Oratoria*). In basic terms, it is a method of memory enhancement which uses visualization to organize and recall information. A lot of memory contest champions claim to use this technique to recall faces, digits, and lists of words. These champions' successes have little to do with brain structure or intelligence, but more to do with their technique of using regions of their brain that have to do with spatial learning.^[2]

The term is most often found in specialised works on psychology, neurobiology, and memory, though it was used in the same general way at least as early as the first half of the nineteenth century in works on rhetoric, logic, and philosophy.^[3] John O'Keefe and Lynn Nadel refer to:



Cicero discussed the method of loci in his *De Oratore*.

'the method of loci', an imaginal technique known to the ancient Greeks and Romans and described by Yates (1966) in her book *The Art of Memory* as well as by Luria (1969). In this technique the subject memorizes the layout of some building, or the arrangement of shops on a street, or any geographical entity which is composed of a number of discrete loci. When desiring to remember a set of items the subject 'walks' through these loci in their imagination and commits an item to each one by forming an image between the item and any feature of that locus. Retrieval of items is achieved by 'walking' through the loci, allowing the latter to activate the desired items. The efficacy of this technique has been well established (Ross and Lawrence 1968, Crovitz 1969, 1971, Briggs, Hawkins and Crovitz 1970, Lea 1975), as is the minimal interference seen with its use.^[4]

The items to be remembered in this mnemonic system are mentally associated with specific physical locations.^[5] The method relies on memorized spatial relationships to establish, order, and recollect memorial content. It is also known as the "Journey Method," used for storing lists of related items, or the "Roman Room" technique, which is most effective for storing unrelated information.^[6]

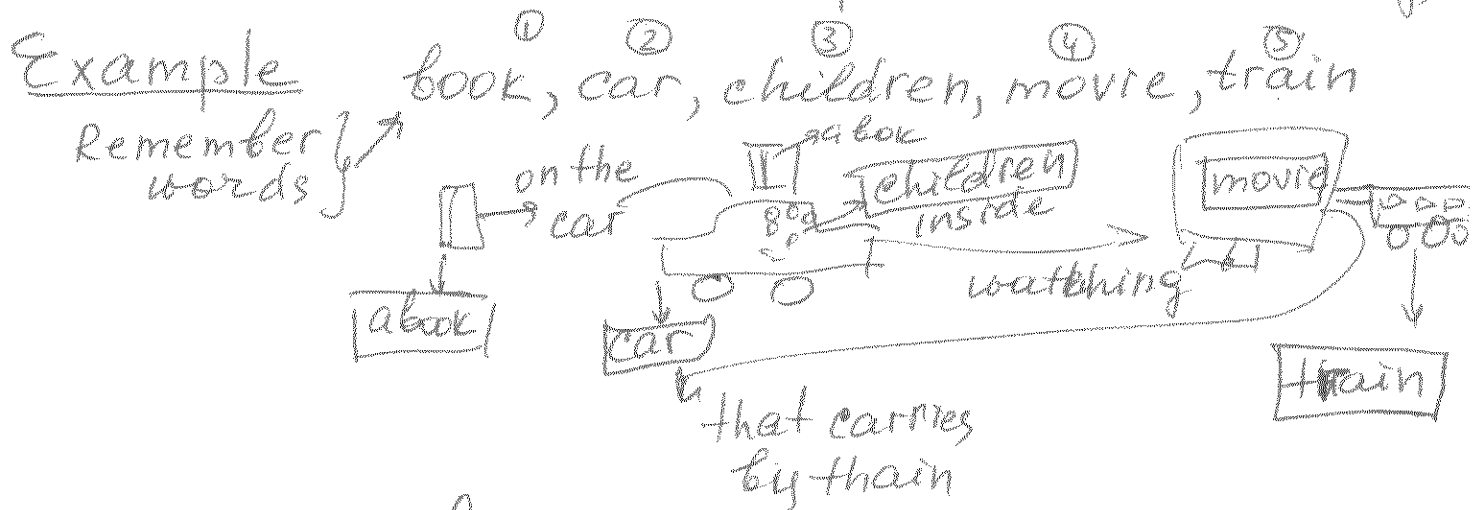
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- 3 Spatial mnemonics and specific brain activation
- 4 In popular culture



Some other methods

1. Copying each phrase — visual memory works
2. Visualize the word — picture it in mind draw →
3. Use gestures with visualisation
4. Use mnemonics (a memory aid such as an abbreviation, rhyme or mental image that helps to remember something)



5. Method loci

Imagine... } put word you want to learn in each case, or locker, or space in your bedroom... and then visualize them.

- bookcase
- many lockers