

記憶訓練 - 理論和應用

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第一個問題

Hello!

I am Ray Liang.
我叫梁斌。

約翰·洛克
John Locke (1632 - 1704)

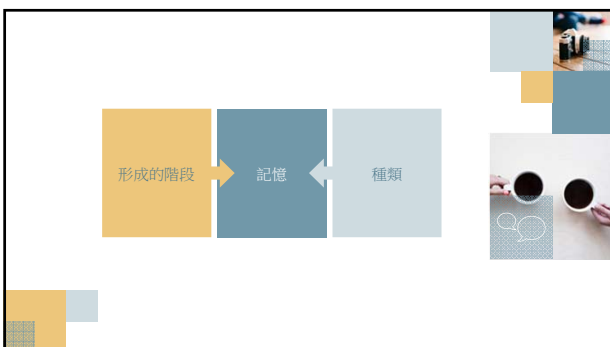
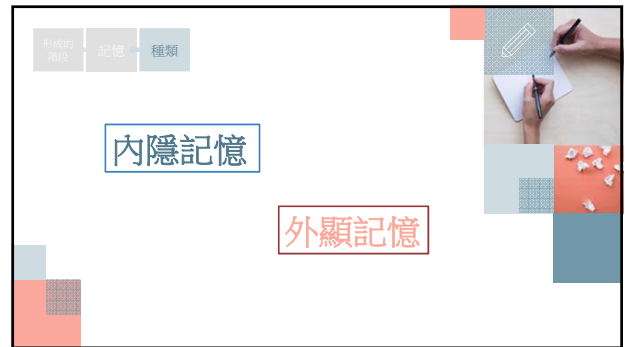
"Memory is the power to awaken in the mind simple ideas"

"Memory is the Store of our ideas"

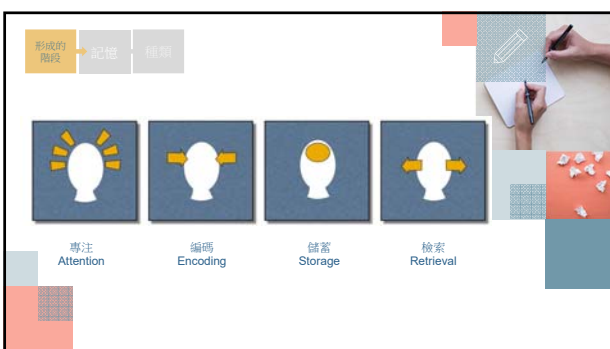
履歷

- 香港耀能協會
- 一級職業治療師
- 職業治療學(榮譽)理學士 (香港理工大學)
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"since consciousness always accompanies thinking, and it is that which makes every one to be what he calls self, and thereby distinguishes himself from all other thinking things, in this alone consists personal identity, i.e. the sameness of a rational being: and as far as this consciousness can be extended backwards to any past action or thought, so far reaches the identity of that person; it is the same self now it was then; and it is by the same self with this present one that now reflects on it, that that action was done."




- ### 內隱記憶
- 促發記憶 (Priming)
 - 程序記憶 (Procedural memory)
 - 情感記憶 (Emotional memory)
 - 習慣 (Habit)



0	4	8	2	3	9	6	7	1	5
3	6	2	8	7	1	9	5	0	4
8	9	3	1	0	6	4	2	5	7
1	7	6	5	4	8	0	3	2	9
2	1	9	0	6	7	5	8	4	3
5	2	7	4	9	3	1	0	8	6
4	3	0	6	1	5	2	9	7	8
9	8	5	7	2	0	3	4	6	1
7	0	1	9	5	4	8	6	3	2
6	5	4	3	8	2	7	1	9	0

外顯記憶

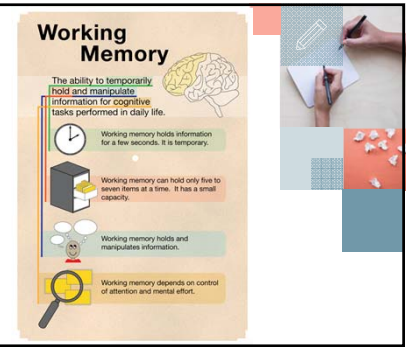
- 語意記憶 (Semantic memory)
- 情節記憶 (Episodic memory)
- 前瞻記憶 (Prospective memory)



Working Memory

The ability to temporarily hold and manipulate information for cognitive tasks performed in daily life.

- Working memory holds information for a few seconds. It is temporary.
- Working memory can hold only five to seven items at a time. It has a small capacity.
- Working memory holds and manipulates information.
- Working memory depends on control of attention and mental effort.



Big concept

內隱記憶 >>> 外顯記憶



記憶訓練



工作記憶




記憶訓練

支援教學法	外部策略	內在策略
■ 間隔重複技巧	■ 記事簿	■ 複述策略
■ 無錯誤學習	■ 智能電話	■ 組塊
■ 提示遞減法	■ 日記簿	■ 建立關聯
■ 過度學習原則	■ FACEBOOK	■ 關鍵字
		■ 意象化
		■ PQRST策略



間隔重複技巧

3 seconds (1) → 10s → 20s → 30s → 1 minute (2nd) → 2 min → 4 min → 8 min → 16 min

PQRST策略

無錯誤學習

估吓！ 搵吓！

PQRST 策略

- P : Preview
- Q : Question (Who/What/When/Why/How)
- R : Read
- S : Summarize
- T : Test

提示遞減法

- BINGO
- BING_
- BIN__
- BI___
- B____
- _____