

## Study Skills: Mnemonics

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### What are mnemonics?

"Mnemonic" is simply another word for memory tool.

Mnemonics are techniques for re-packaging information, helping your brain to store it safely – and find it again at the right moment.

Mnemonics help you to remember by using short words that stand for something to help you. Here is a Mnemonic for **REVISION**.

- Rest
- Exercise
- Variety
- Imagination
- Structure
- Individual
- Ongoing
- Not too long

