



Mnemonics - how to remember without forgetting

1. IMPRINT	
Academic Year	2024/2025
Department	Faculty of Medicine and Dentistry
Field of study	English Dentistry Division
Main scientific discipline	Medical science
Study Profile	General academic
Level of studies	Uniform MSc
Form of studies	Full time studies
Type of module / course	Non compulsory
Form of verification of learning outcomes	Completion
Educational Unit / Educational Units	Department of Medical Informatics and Telemedicine 00-581 Warszawa, Litewska 14/16 Phone nr (+48) 22 116 92 44 e-mail: zimt@wum.edu.pl
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2. BASIC INFORMATION			
Year and semester of studies	II, III, IV, V year, winter or summer semester	Number of ECTS credits	
FORMS OF CLASSES		Number of hours	ECTS credits calculation
Contacting hours with academic teacher			
Lecture (L)			
Seminar (S)		15 (e-learning)	
Classes (C)			
e-learning (e-L)			
Practical classes (PC)			
Work placement (WP)			
Unassisted student's work			
Preparation for classes and completions		15	

3. COURSE OBJECTIVES	
O1	Learning the principles and techniques of fast learning and memorisation
O2	Preparing the learning environment
O3	Getting to know practical exercises to improve perception skills
O4	Coping with stress
O5	Developing interpersonal relationships

4. STANDARDS OF LEARNING – DETAILED DESCRIPTION OF EFFECTS OF LEARNING	
Code and number of the effect of learning in accordance with standards of learning	Effects in the field of:
Knowledge – Graduate* knows and understands:	
D.W3.	social attitudes towards health, illness, disability and old age, social consequences of illness and disability and socio-cultural barriers, as well as the concept of quality of life conditioned by health
Skills– Graduate* is able to:	

D.U13.	use and process information using IT tools and modern sources of medical knowledge
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* In appendix to the Regulation of Minister of Science and Higher education from 26th of July 2019 „graduate”, not student is mentioned.

5. ADDITIONAL EFFECTS OF LEARNING (non-compulsory)	
Number of effect of learning	Effects in the fields of:
Knowledge – Graduate knows and understands:	
K1	learning and memorisation techniques
Skills– Graduate is able to:	
S1	planning their learning activity and constantly updating their knowledge
S2	inspire the learning process of other people
S3	communicate with colleagues in a team, and share knowledge
Social Competencies – Graduate is ready for:	
SC1	perceiving and recognise their limitations and make a self-evaluation of educational needs and deficits
SC2	conclusions from their measurements or observations

6. CLASSES		
Form of class	Class contents	Effects of Learning
(e-L) seminars	S1. – Seminar 1 – What is mnemonics? General principles of mnemonics. The standard and scientific brain. The learning environment or what not to sit on. Asynchronous e-learning, eWUM platform, specified weeks	D.W3., D.U13., K1, S1, S2, S3, SC1, SC2
	S2. – Seminar 2 – My colleague is an alien! - Developing imagination and creative thinking. Asynchronous e-learning, eWUM platform, specified weeks	D.W3., D.U13., K1, S1, S2, S3, SC1, SC2
	S3. – Seminar 3 – My head is buzzing with thoughts - mind mapping. Asynchronous e-learning, eWUM platform, specified weeks	D.W3., D.U13., K1, S1, S2, S3, SC1, SC2
	S4. – Seminar 4 – Feeling the mind - senses and memorisation. Asynchronous e-learning, eWUM platform, specified weeks	D.W3., D.U13., K1, S1, S2, S3, SC1, SC2
	S5. – Seminar 5 – Chain Association Method - a basic mnemonic technique. Asynchronous e-learning, eWUM platform, specified weeks	D.W3., D.U13., K1, S1, S2, S3, SC1, SC2
	S6. – Seminar 6 – How to furnish a home? - Memory palace. Asynchronous e-learning, eWUM platform, specified weeks	D.W3., D.U13., K1, S1, S2, S3, SC1, SC2
	S7. – Seminar 7 – Peg word method Asynchronous e-learning, eWUM platform, specified weeks	D.W3., D.U13., K1, S1, S2, S3, SC1, SC2

S8. – Seminar 8 – Digit or letter? - the phonetic number system. Asynchronous e-learning, eWUM platform, specified weeks	D.W3., D.U13., K1, S1, S2, S3, SC1, SC2
S9. – Seminar 9 – Combining languages, words and images - does it make sense? Asynchronous e-learning, eWUM platform, specified weeks	D.W3., D.U13., K1, S1, S2, S3, SC1, SC2
S10. – Seminar 10 – Trio with Master Yoda. Asynchronous e-learning, eWUM platform, specified weeks	D.W3., D.U13., K1, S1, S2, S3, SC1, SC2
S11. – Seminar 11 – Your face sounds familiar - remembering faces, names and surnames. Asynchronous e-learning, eWUM platform, specified weeks	D.W3., D.U13., K1, S1, S2, S3, SC1, SC2
S12. – Seminar 12 – Row and column - memory table. Asynchronous e-learning, eWUM platform, specified weeks	D.W3., D.U13., K1, S1, S2, S3, SC1, SC2
S13. – Seminar 13 – The waking dream - remembering dreams. Asynchronous e-learning, eWUM platform, specified weeks	D.W3., D.U13., K1, S1, S2, S3, SC1, SC2
S14. – Seminar 14 – Memorie the calendar. Even more medicine. Asynchronous e-learning, eWUM platform, specified weeks	D.W3., D.U13., K1, S1, S2, S3, SC1, SC2
S15. – Seminar 15 – How not to forget and how to recall? Credit: e-test Asynchronous e-learning, eWUM platform, specified weeks	D.W3., D.U13., K1, S1, S2, S3, SC1, SC2

7. LITERATURE

Obligatory

1. Lectures and educational materials prepared on WUM e-learning Platform.

Supplementary

1. Unlimited Memory: How to Use Advanced Learning Strategies to Learn Faster, Remember More and be More Productive, Kevin Horsley, Kindle Edition 2014
2. Moonwalking with Einstein: The Art and Science of Remembering Everything, Joshua Foer, 2012

8. VERIFYING THE EFFECT OF LEARNING

Code of the course effect of learning	Ways of verifying the effect of learning	Completion criterion
D.W3., D.U13., K1, S1, S2, S3, SC1, SC2	Completion of e-learning assignments and activities	Completion of e-learning modules - obtaining at least 51% of the points in the indicated assignments and activities.
D.W3., D.U13., K1, S1, S2, S3, SC1, SC2	E-test (summarising) - questions on the material of all seminars.	Obtain at least 51% of the points. The final grade is a mark of the e-test and seminars. Grade range: 2.0 (failed) - up to 51% of points,

		3.0 (acceptable) - 51.1%-60% of points, 3.5 (acceptable plus) - 60.1%-70% of points, 4.0 (good) - 70.1%-80% of points, 4.5 (good plus) - 80.1%-90% of points, 5.0 (very good) - above 90% of points.
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9. ADDITIONAL INFORMATION

The optional course is conducted in the winter or summer semester. Students may sign up for only one optional course edition. All course topics and credits are completed via eWUM (e learning.wum.edu.pl), the Warsaw Medical University's e-learning platform. An unlimited number of students can participate in the optional course.

1. We ask each student to check before class if they can log in to the WUM Platform. In case of problems, please get in touch with the person responsible for the optional course.
2. During the optional course, constant contact with the teacher is possible via e-mail (Joanna Michalik; e-mail: joanna.michalik@wum.edu.pl) and on the course forum.

The optional course grade is based on the points obtained in the summative test and other e-learning activities. Each participant has two attempts at the test, and the higher score is awarded.

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ATTENTION

The final 10 minutes of the last class of the block/semester/year should be allotted for students to fill out the Survey of Evaluation of Classes and Academic Teachers