



Objectives

- Differentiate between various types of memory and their functions.
- Recognize factors that can disrupt memorization.
- Describe the ingredients necessary for effective memorization.
- Test and acquire effective learning strategies.
- Identify why perceptions vary from one individual to another.



Trainer

Isabelle SIMONETTO
PhD in Neuroscience



Educational approach

The theoretical contributions that help understand various learning strategies are systematically paralleled with practical exercises. Trainees self-assess their "performance" throughout the sessions. The work is done in complete interactivity. A workbook is provided to each participant.



Prerequisite

None



Duration

7 hours



Fee

Contact us
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Format

Exclusively delivered in-company



Training evaluation

End-of-course evaluation form



Persons with disabilities

Training rooms are provided by the client and must be verified for accessibility.

For any complaints

Contact us at:
contact@addheo.com



Program (For information purposes only)

I. Introduction

- Everything you know about memory: small group work
- 21st Century Neuroscience and Memory
- Exercises

II. How Memory Works

- The 7 parameters necessary for good memorization
- The neurobiological foundations of memorization

III. Short-term and Long-term Memory

- Short-term Memory
 - Properties
 - Function
 - Evaluation
- Long-term Memory
 - Properties
 - The different stages and exercises: Encoding – Consolidation – Recall

IV. How to Improve Your Potential?

- Effective memorization strategies
- Common principles for all strategies
- All possible applications in professional and personal life

V. Training Review and Evaluation