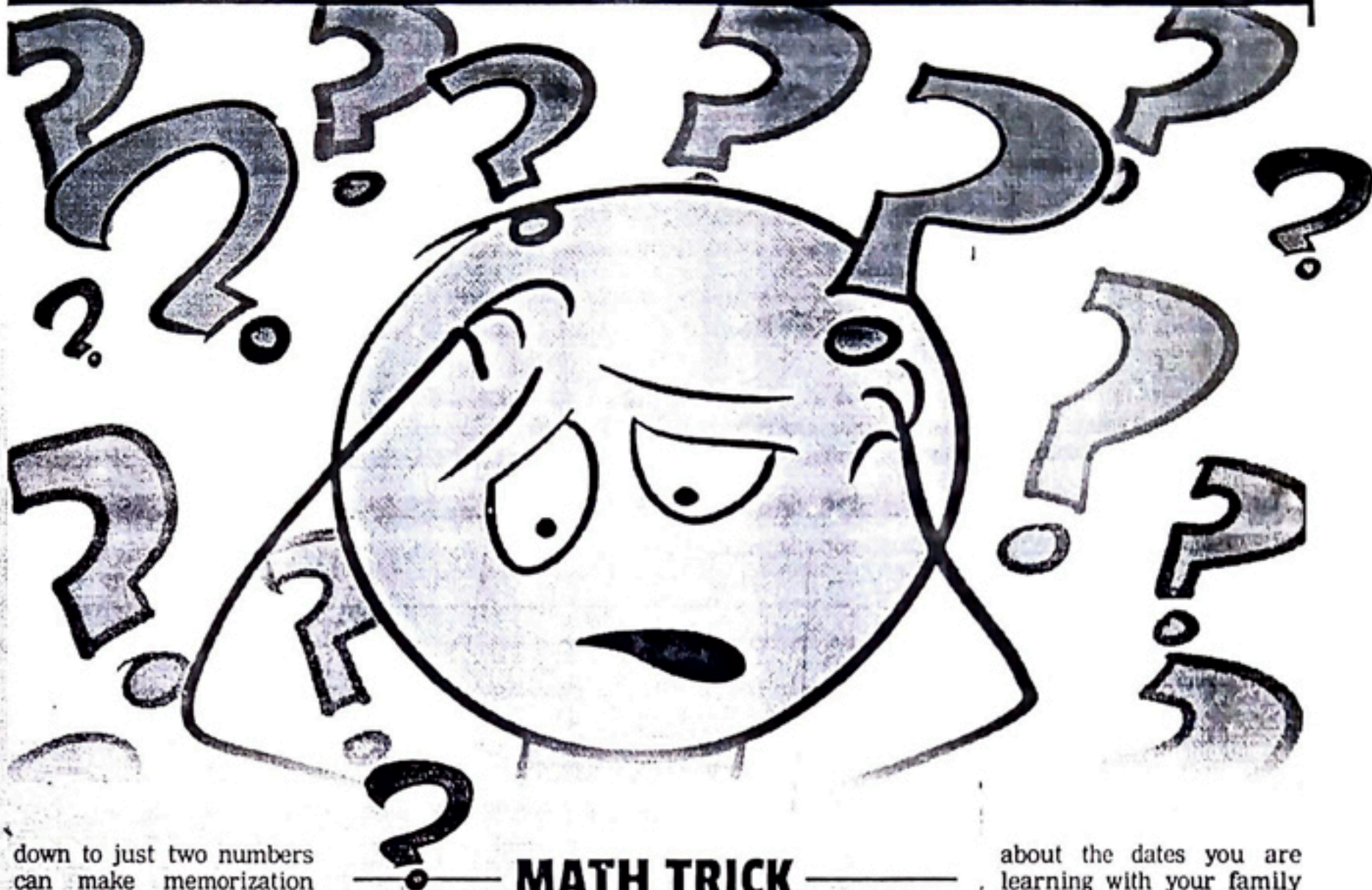




BY MINOO JOKHI

Memory Aids to Help You Recollect Dates Easily & Effectively



John Dalberg-Action had said: "History is not a burden on the memory, but an illumination of the soul." Indeed, history, including our personal history with its various significant dates and events, is no burden to learn but a great pleasure if done properly.

Cicero had rightly said: "History is the witness of the times, the light of truth." But what is a big problem for many people is to remember dates - what occurred when, which is a problem for many to recall.

Dates are often difficult to remember because they seem very random and uncertain and we need to relate them to something specific. I have seen many students struggle to remember history dates for their school studies and tests and they lose interest in the subject altogether.

When trying to memorize dates, students can really benefit from the Mnemonic System, which is a learning technique that helps to retain information and keeps it fixed in one's permanent memory.

One of the principles of memorization is that you want to engage as many different senses as you can to remember something more profoundly.

SIX SECRETS

Six ways to remember dates with ease include:

Have a Strong Association: One has to learn to create strong and clear images to associate with a date; it is easier to remember it that way. James Hargreaves had invented the Spinning Jenny in 1764; one can remember the year 1764 which is 42 times 42. Also make "associations" funny, unusual and ridiculous. And you have memorized it well in a fun manner.

Simplifying the date: Sometimes, memorizing dates can be as simple as leaving off the first two digits. If you are studying a particular time or event, you already know in which century the events took place. Even though it might not appear so, breaking it

down to just two numbers can make memorization much easier.

Similarly, splitting the number into smaller chunks can be of use as well. Many students will find it easier to remember 1783, the year when the Treaty of Paris was signed, as 17 and 83. Also it is 200 years before India's 1983 Memorable World Cup win.

Use your body parts: You can create very powerful associations by actively using your body parts when trying to memorize dates. Create hand movements to learn along with some particular dates and events, and also singing out dates can aid your memory. Memorize dates by singing them to the melody of the songs that you like, which helps immensely.

Current Month Scenario: We are in 2021. January has just gone by and the month of February is here. January 3, 1959, was the date Alaska was declared as the 49th state of the USA. While in February, one remembers February 6, 1788, as the date when Massachusetts became the 6th state to ratify the new U.S. Constitution.

Every month, try to see what historic event had occurred and see what had happened in the month

MATH TRICK

Take 2 numbers ending with 2 and 8. The first digits have to be same. E.g. 42 and 48. Multiply 2 and 8 which is 16 and the first digit 4 multiply by 5 (next number) and the answer is 2016. Also 92 times 98 is 9016 and 112 times 118 is 13216. Easy and fun Isn't it, to simply play with numbers!

before and after. Do this just for fun, as a memory game and soon your recollection of dates and events will get so much sharper!

Concentrate and focus on the dates you need to learn: We often forget a lot of what we are studying as students, so it is very important to concentrate and focus totally when studying dates. Concentrating in this way can help you remember lots of valuable information. There are various practical ways to concentrate while studying which include:

- a) Reduce distractions; try to study in a quiet, stress-free environment or place.
- b) Intentionally focus your eyes on a written date that you are trying to memorize. "Trace" the date with your eyes. It helps and the date remains in front of your eyes, so to speak.
- c) When you come across a date you need to learn, take a moment and carefully write it out, thinking "I need to remember this"

as you do.

d) Visualize yourself writing the number any time you think of it. E.g. imagine yourself writing the date on a paper in your mind.

Make it a habit to write some historic dates and remember through some number-crunching: For instance, Swami Dayanand's life span was from 1824-1883 so 18 is the common number and 24 and 83 are the two tail numbers you need to recall.

Further let us see: 1st Parliament of World Religions: 1893; 2nd Parliament of World Religions also in 93 but, surprise, it was in 1993... a full 100 years later! As it is rightly said: History repeats itself! Also, if you need to learn a set of dates for an exam or for any other purpose, go over them as frequently as you can, spending at least a few minutes each day reviewing the information. And the more you use the dates you need to learn, the more likely you are to recall them. Talk

about the dates you are learning with your family and friends and think about them to yourself, and write about them whenever you can in a book or sheet of paper as writing can help you to make that information go in your permanent memory.

PARTING SHOT

Generally, if you set your mind to learning particular dates, and you are totally persistent and fully committed about it, it will find its way into your memory.

So, the next time you are about to learn something really crucial, tell yourself, "This is really important. I am going to remember this." Also, write the dates in a chronological order and again go through it. Try also making a timeline of the dates to learn and add little description to the list. It helps. And, above love, the memorizing and recalling dates; it is really interesting.

I myself was falling in Maths till my 9th standard but used to get the highest marks in History as I really loved the subject and today too love it and guide my students in History. The passion to excel has to be there always.

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