MNEMONICS (Memory-Aid Devices) are simple 'methods' to help you to recall something that you find difficult to remember.

To help you start thinking 'mnemonically' look at the following examples:

Maths: To remember the values of Pi 3.1415827...

"How I wish I could remember it rapidly." (The number of letters in the words gives the value of pi.)

Geography: To remember the six counties Northern Ireland

"fat dad"

(Fermanagh, Armagh, Tyrone, Down, Antrim, Derry)

Anatomy: To remember the cranial nerves:

"On Old Olympus' Towering Tops A Fat Angelic Girl Viewed Spanish Hops."

(Olfactory, Optic, Oculomotor, Trochlear, Trigeminal, Abducent, Facial, Auditory, Glossopharyngeal, Vagar, Spinal Accessory, Hypoglossal)

Astronomy: To remember the order of the planets from the sun:

"Mary Very Easily Makes Jam Saturday Unless No Plums."

(Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus, Neptune, Pluto)

Biology: To remember the classification of living things

"Kings Play Cards On Fairly Good Soft Velvet."

(Kingdom, Phylum, Class, Order, Family, Genus, Species, Variety)

Colours of the Spectrum: To remember the order of the colours of the spectrum:

"Roy G. Biv"

(Red, orange, yellow, green, blue, indigo, violet)

Roman numerals in order for 50 (L), 100 (C), 500 (D) and 1000 (M). Lucy Can't Drink Milk.

Roman Numerals 1 to 1000 in Order

I Viewed Xerxes Loping Carelessly Down Mountains.

- * I = 1
- *V = 5
- * X = 10
- *L = 50
- *C = 100
- *D = 500
- * M = 1000

Factoring Binomials

Use FOIL

- First
- Outer
- Inner
- Last

Maths: To remeber units of measurement:

Kangaroos Hop Down My Driveway Carrying M&Ms.

(Kilo, Hecto, Deca, Meter, Units, Deci, Centi, Milli, Meter)

Marine Navigation: To remember the names of a ship's side and the light colour of each side:

"PORT is a red wine and red is the left side of politics."

(The left side of the ship is called Port and has a red light) or (PORT has four letters, as does LEFT)

Economics: To remember that a "tight labour market" means there are many jobs available:

"Tell your boss to fly a kite, when the labour market is tight."

Amino Acids: For the ten essential amino acids:
"These Ten Valuable Amino Acids Have Long Preserved Life In Man."
(Threonine, Tryptophan, Valine, Arginine, Histidine, Lysine, Phenylalanine, Leucine, Isoleucine, Methionine)
Blood: For the functions of blood:
"Old Charlie Foster Hates Women Having Dull Clothes."
(Oxygen (transport), Carbon Dioxide (transport), Food, Heat, Waste, Hormones, Disease, Clotting)
Bile: For the properties of bile:
"Bile from the liver emulsifies greases, Tinges the urine and colours the faeces, Aids peristalsis, prevents putrefaction. If you remember all this you'll get satisfaction."
Excretion: For the excretory organs of the body:
"SKILL"
(Skin, Kidneys, Intestines, Liver, Lungs).
Now come up with two of your own: