



**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, Vagus, 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)

**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)

**Excretion:** For the excretory organs of the body:

"SKILL"

(Skin, Kidneys, Intestines, Liver, Lungs).