

the second location, and so on. If the words are items on a shopping list – bread, shoe polish, foolscaps and biro pens, you might imagine a slice of bread nailed to the door, a can of shoe polish on the bed, foolscaps on the table and biro pens hanging on the curtains. Once you have memorized the items this way, you can easily recall them in order by simply taking your mental walk again.

- **Keyword method** – It is used to learn foreign vocabulary. This method involves two steps. The first thing is to find a part of the foreign word that sounds like an English word e.g. the Spanish word “caballo” which means “horse” is pronounced “cob-eye-yo”. Hence “eye” could serve as the key word. The next step is to form an image that connects the key word and the English equivalent – such as a horse kicking a giant eye. To recall the meaning of caballo, you would first retrieve “eye” and then the stored image that links it to “horse”.
- **Acronyms and acrostics** – these include short forms such as KU for Kenyatta University, KM for Kilomita Moja. They also include acrostics e.g. phrases such as **M**ercury’s **V**ery **E**ager **M**other **J**ust **S**erved **U**s **N**ine **P**otatoes helps learners remember the order of the planets that is, Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus, Neptune and Pluto.
- **Pegword Method** – the first step is the creation of a set of mental pegs, such as numerals to which the items to be memorized could be attached. The learner begins by memorizing a set of rhymes such as one-bun, two-shoe, three-tree, etc. Once these pairs are mastered they are ready to serve as mental pegs. To learn a serial list of items (e.g. frog, college, earthworm, etc) the learner must form different compound images that connect each item with its cue word. The first image might be of a frog in a bun, while the second might be of a shoe being thrown at the college, etc.

REFERENCES

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