

USE OF MNEMOTECHNOLOGIES IN CREATIVE THINKING DEVELOPMENT

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¹Шакирова Лиляна Рафиковна, ²Aripov Masud Marufovich ³Xakimova
Yoqutxon Toxirjon qizi, ⁴Turg'unova Maftunaxon Tavakkaljon qizi, ⁴Saloxidinova
Dildoraxon Soxibjon qizi

Н.И.Лобачевского ФГАОУ «Казанский федеральный университет» - ¹professor
Qo'qon davlat pedagogika institute - ²dotsent, ³katta o'qituchi, ⁴magistrant

Annotation

In the article, Mnemonics and its definition, meaning, effectiveness and efficiency of mnemonics in various areas of human life are widely covered. Students, teachers, speakers, businessmen, opinions about the use of mnemonics and its importance for self-development and cognitive thinking in human life are presented.

Key words

mnemonic, cognitive, memorization technique, teacher, student, speaker, businessman, memory, remembering.

What is a mnemonic?

"Mnemonics" is a memorization technique. It comes from the Greek mnemonikon, the art of memorization. This word was coined by Pythagoras of Samos (6th century BC). The art of memorization was named after the ancient Greek goddess of memory, Mnemosyn - the mother of the nine Muses. The first surviving works on mnemonics date back to approximately 86-82 BC and belong to the pens of Cicero and Quintilian (section "History of Mnemonics").

The modern encyclopedic dictionary gives the following definitions of mnemonics. Mnemonics is the art of memorization, a set of techniques and methods that facilitate memorization and increase memory by forming artificial associations.

A mnemonic is an internal recording system that allows the brain to permanently record information transformed into a combination of visual images. Mnemonics uses the brain's natural memory mechanisms and allows you to fully control the process of remembering, storing and recalling information.

Who are mnemonics for and why are they needed?

Mnemonic is necessary in various aspects of our life and in any field to develop creative thinking and expand memory. Who is pleasant mnemonic for and why is it needed?

- For students;
- For teachers;
- Only in life;
- For self-education;
- For speakers;
- To maintain health;
- For business people.

For students

Schoolchildren and students write reports before exams. A mnemonic will allow you to remember these report sheets. Then in the exams you will copy from memory. It is much safer. Also, if you want, the information can be stored in your memory for life.

If you want to become a highly qualified specialist, professional in your field, this is a great opportunity. Mnemonics will significantly reduce your exam preparation time. If you use mnemonic memorization methods during the academic year, preparing for exams will not be difficult for you.

You will simply memorize the contents of all your textbooks (it is recommended to memorize the information in small chunks during the school year).

For teachers

Remember that mnemonics originated as part of public speaking. Methods of remembering the sequence of presentation of lecture material are almost the simplest thing in the art of memorization.

But how does it affect your readers! If the teacher conducts the lesson based on the lecture notes on the board, the students will lose respect for him, so why teach if he doesn't remember anything himself - this is what students often say when they see a teacher lecturing. they think.

Once you've memorized the lecture material using mnemonics, you won't waste time preparing for the lesson again. You can enjoy a pleasant conversation and a cup of tea while your colleagues reread the lecture plan a hundred times.

Only in life

Everyone needs to remember a certain amount of specific information. We are used to writing all this down in notebooks. Train yourself to write the information

you need in your brain. Then you will not depend on your phone or notebook and you will not lose the necessary information.

They cannot steal information from you (PIN codes of plastic cards), no one can turn on your computer and manage your bank accounts without you. In order to search for information in memory, it is not necessary to sort it, as in the memory of a mobile phone.

Try to use your memory every day. It's easy to remember everything you need, and it's not difficult at all. On the contrary, sometimes it is much faster and more convenient to write something in memory than in a notebook.

For self-education

Imagine that you have read Abdulla Qadiri's work "The Past Days". Within a week or two, you won't have more than a fifth of that information left in your memory.

I will have to read this book again in another month. A year from now, you'll feel like you're reading this book for the first time. If it's not in your brain, you can't use the information. Always remember the basic rules of the book you need.

And use it. Now the summary of the book is in your memory and the information is available 24 hours a day. Also, if you have memorized this information using mnemonic techniques, you have imprinted it in your brain and the information is automatically integrated into your worldview.

If you've decided to learn programming, there are several ways to go about it. You can sit down and program using the reference. You can learn to program for 5 years, then the basic commands will be memorized "by itself".

Or you can memorize a programming language in a few weeks and write programs in short and easy ways like professional programmers.

For speakers

So does a speaker just need to know mnemonics? Speech has no meaning without it. Professional speakers and theologians use mnemonics in various seminars, so their speeches are very fluent and continuous.

For businessmen

Businessmen have a wide range of connections. Often, if we don't have the phone number of the person we need, we can't contact them, and as a result, we lose a good offer. Remember information about people who do business with you.

Mnemonic is not only a good memory. This is also a way to create various illusions. It is not without reason that mnemonics are often performed in the circus and on stage.

How is the illusion created? Very simple. Everyone tends to judge other people by their own standards.

Everyone thinks they are the smartest, if not the strongest. When you happen to meet your business partner and address him by name and patronymic, you casually remember his home and work phone numbers, ask about the health of family members, and wonder if he has time to meet. On such and such a date, your business partner's mind will evolve roughly as follows.

The meeting was accidental; This means that you remember information about it. And this means that you are thinking about him, that you are genuinely interested in this person.

To maintain health

Memory mechanisms are universal. According to these laws, not only memory, but everything in the human brain and body works. Everything in living nature works according to these laws.

Inanimate natural objects are subject to the same laws.

Everything that we do not use in our body sooner or later breaks down and atrophies. Imagine a person who, as fate would have it, lay in plaster for a year.

What do you think will happen to his muscles? That's right. They will be thin and weak. What happens to a person who does not use his memory? The memory begins to fade because it is no longer needed.

The causes of one of the most common diseases affecting the computerized society of the United States are still unknown. People began to lose their memories.

Many people develop Alzheimer's disease after the age of 40. This disease initially manifests itself in memory impairment. Later, the disease affects large and very large areas of the brain, and the person dies (about 5 years after the onset of the disease).

In conclusion, we can say that the use of mnemonics is effective in developing human business skills in every field, increasing the brain's memory capacity and developing creative thinking skills, and as a result, increasing the levels of recall in a person and increasing the number of memory channels in the brain. and is effective.

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