

# VAHPAG NEWSLETTER



## VAHPAG SCHOLARSHIP GALA

Join us at the 2024 VAHPAG Scholarship Gala to celebrating the Vietnamese American healthcare scholars and recognizing the Vietnamese American healthcare workers who provide quality care to the people around the world.

At the gala, beside celebrating the healthcare scholars, we also express our appreciation and gratitude for these Vietnamese American Healthcare Heroes who are compassionate and give selflessly every day. Please help us and say thank you for their hard work and dedication to the communities.

Email us at [vahpag@gmail.com](mailto:vahpag@gmail.com) to become a sponsor and help us celebrate these amazing people who work in healthcare.

## PROFESSIONAL DEVELOPMENT SEMINAR

“Growing professionally often means expanding the arsenal of things you’re able to do.”

Professional development can be instrumental in growing a stronger team. Healthcare is delivered by teams of professionals who need to communicate well, respecting the principles of honesty, respect for others, confidentiality and responsibility for their actions. Contact us to find out more about our DPS.





# Look, snap, and connect for better memory recall

Source: Harvard Health Letter

Mnemonics, named for Mnemosyne, the Greek goddess of memory, are techniques for recalling information. Mnemonics use cues — such as images, acronyms, rhymes, and easy-to-recall phrases — to reinforce memories. One type of mnemonic is called "look, snap, connect." It uses visualization, word association, and storytelling to help you solidify a memory so you can recall it later. It's a great tool for retaining details of new information. Here's an example of how it works:

**Look.** Look refers to slowing down and noticing what you want to remember — for example, the fact that you parked your car in section 3B of the parking garage.

**Snap.** Snap means taking a mental snapshot of the item. That could be an image of the actual parking garage sign, or a more elaborate image, such as that of three bumblebees (representing the 3B section where you parked).

**Connect.** Connect involves connecting the image and the information you want to remember — in this case, the three bees and the garage section where you parked. Imagine the bees in your car. Then when you return to the garage and pause to remember where you parked, the image of the three bees buzzing in your car will help jog your memory.

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