

“The day you stop learning is the day you begin decaying.” -Isaac Asimov

DO THESE THINGS FOR BETTER BRAIN HEALTH!

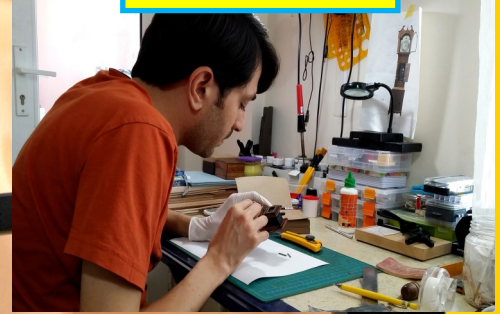
EXERCISE



GET MORE SLEEP

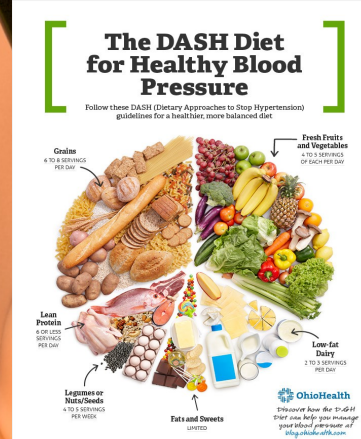
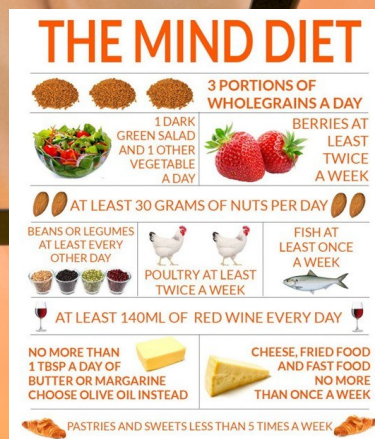


LEARN A NEW SKILL



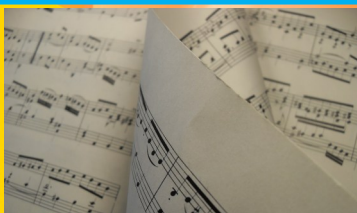
A HEART HEALTHY DIET IS A BRAIN HEALTHY DIET

To keep your brain healthy and strong, you need to feed it new, novel, and different experiences.

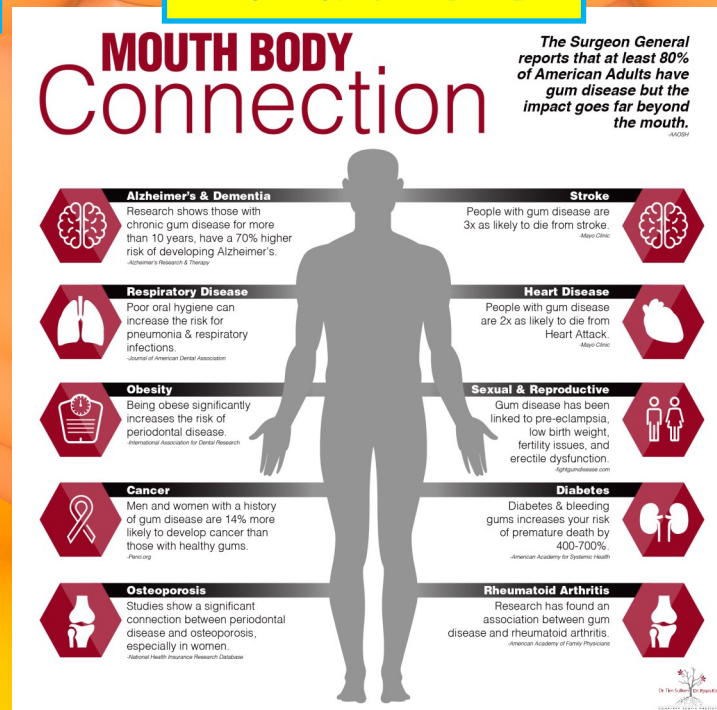


When learning anything new, you don't have to be good at it. It is just important to keep learning.

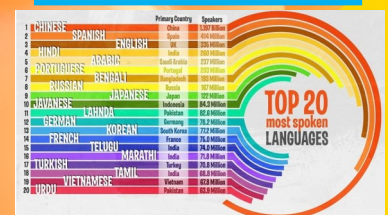
LEARN A MUSICAL INSTRUMENT



IMPROVE YOUR DENTAL HEALTH



LEARN A NEW LANGUAGE



Alzheimer symptoms appear 5.1 years later than average in Bilingual speakers.



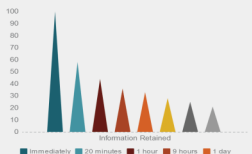
FIGHTING THE FORGETTING CURVE

What is the forgetting curve?

Exponential, progressive loss of learning over time, first studied by German psychologist Hermann Ebbinghaus.

When learning isn't reinforced, information is quickly lost, eventually leveling off to retaining only a small fraction of what was learned.

Ebbinghaus Forgetting Curve



What affects retention?

While many factors influence memory, these are some of the most common.



Forgetting has a purpose.

It's how your brain avoids information overload and helps you prioritize.



How do you fight forgetting?

To boost retention, people need to practice or study beyond the initial point of learning. Doing so helps information, skills or behavior become ingrained. This strategy is called overlearning. Multiple reinforcements signal to the brain that the information is important.

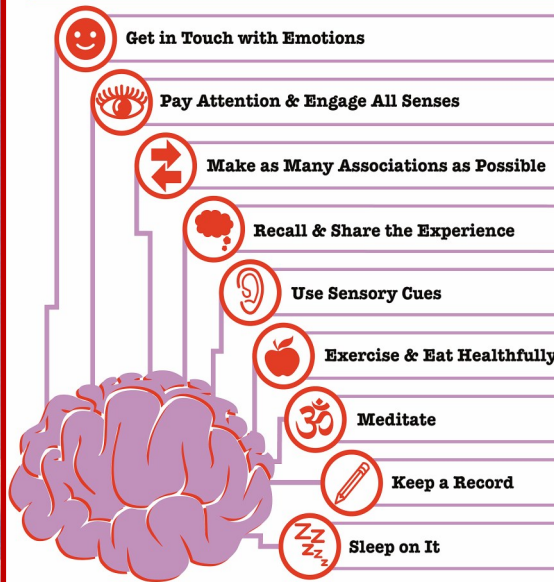


Without reinforcement, each **hour** of material requires **40-50 minutes** of relearning.

How to help.



9 Ways to Prolong Memories



The Mandela Effect

Can you remember which is the real image?



Download a PDF version of this handout at LibraryProgramming.com



THE SCIENCE OF MEMORY

Learning the ALMOST impossible

Zeewhy ex-warrior
Z Y X W
Vut's our coupon
V U T S R Q P O N
Milk Jug
M L K J I H G
Feed cute baby alligators
F E D C B A

TV and YouTube sources

Memory Explained - Vox & Netflix
Brain Games - NatGeo & Disney+
YouTube channels: Crash Course, SciShow, BeSmart, BrainsExplained

ABOUT YOUR PRESENTER



Born on the Southwest side of Chicago, William Pack got his first job in a magic shop at the age of 11. He is an award winning magician and storyteller. His natural comedy and astonishing sleight of hand has made him a popular choice for banquet and party entertainment. He has presented his adult educational programs for 100s of libraires and groups to rave reviews. AVAILABLE FOR CORPORATE AND PRIVATE EVENTS.

For Educational Programs: LibraryProgramming.com
For Entertainment Performances: VeryFunnyMagic.net

BOOK SHELF

Liked the DON'T FORGET! memory program?
Here are some good books for further study.

MOONWALKING WITH EINSTEIN - Joshua Foer
THE MEMORY THIEF - Lauren Aguirre
THE MEMORY ILLUSION - Dr. Julia Shaw
REMEMBER - Lisa Genova
MEMORY MATTERS - Steve Cantwell
THE MEMORY BOOK - Harry Lorayne
UNLIMITED MEMORY - Kevin Horsley
MEMORY SUPERPOWERS! - Nelson Dellis