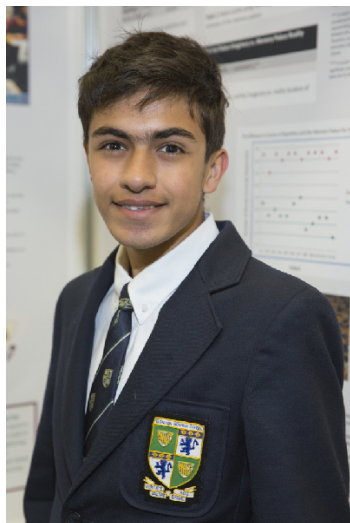


## ESPC 2016 - Montreal (Québec)



### Eli Ramraj

#### Improving Memory: Spatial vs. Rote Memory

**Défi:** Santé

**Catégorie:** Intermédiaire

**Région:** Vancouver Island

**Ville:** Victoria, BC

**École:** Glenlyon Norfolk School

**Sommaire:** This study compares different mnemonic techniques to improve memory, repetition (rote) and the memory palace (spatial). Participants who used the memory palace memorized more words than when using rote memory. Exploring the use of a physical versus a mental environment for the memory palace, it was found that there is no difference between results. The memory palace does not rely on especially creative people.

#### Biographie

I am a Grade 9 student with a wide variety of passions. The inspiration for my project on improving memory came from my grandfather, who has Parkinson's, which interferes with his memory? I wanted to find a way to increase the power of memory, and unlock the potential of the human mind. This experiment focused on developing minds, in adolescents, but I would like to progress with trying to help the elderly, using the findings I have discovered here. In testing rote memory against the memory palace, not only did I confirm that it was a superior method, but when I tested my own developments on the environment in which the technique is used, imagination or reality, I concluded that this technique will work for people no matter how creative you are. Other passions of mine include debating, having won the Vancouver Island regionals two years in a row, and this year advancing to nationals. I also do wall climbing, badminton, and ultimate frisbee. Over the last five years I have self published four novels, focusing on science-fiction/fantasy, which I enjoy immensely.

#### Prix

#### Valeur

Prix d'excellence - Intermédiaire - Médaille de bronze Commanditaire: Sciences jeunesse Canada	
Bourse d'études de Western University Médaillé de bronze - Bourse d'admission de 1 000 \$ Commanditaire: Université Western	1 000,00 \$
Total	1 000,00 \$