

Remembering Terminology

Another situation where you might want to use image association for vocabulary is remembering terminology or jargon in your field. So the best example of this is anatomy where you have to memorize hundreds of words related to very specific body parts in specific, often Latin route definitions. So this could be a lot of stuff to remember and image association for vocabulary is one where you can speed up the process and cut down the amount of time you need on flash cards in order to actually remember it. So I picked three examples from here and I'll walk through how you can apply image association vocabulary to those three examples.

So the first example is the tibia which is basically your shin bone. And I want to create a mental association between the word tibia and shin bone. So whenever I see tibia, I'll think shin bone. So for me the tibia, I'm going to use the sounds like method and I'm going to think of, and I'm trying to think of what it is. And the only thing I can think of is that it rhymes with Libya. Ok, but that's not really that close. So I'm going to add a "t" in the front, so T-Libya, and you know, what would that look like. So for me, I'm taking the visual association a little bit further and I'm going to think of Mr. T in Libya. So T-Libya, Tibia.

So Mr. T is in Libya. So I'm just imagining this scene where Mr. T you know from the A-Team, "I pity a foo" is in Libya with you know Khadafy, and they're hanging out and he kicks Khadafy really, really hard in the shin. And Khadafy's on the ground riving because he got kicked in the shin. So this for me is my visual association. I've associated Libya to T tibia, to T-Libya and then associated that to a situation which involves the shin bone. So that's the first example

Second example is the coccyx. And the coccyx is the last bone in your spine. So basically in sort of a really informal way it's your butt bone. And so this butt bone I'm trying to link to coccyx. Now for coccyx the only thing I can think of is the word cock, so if you want to be gratuitous you can think of it that way, or as a rooster and sex. So again, pretty much gratuitous in that way. And this is a good example because although I like to try to keep these videos PG, when you're doing your own associations, keeping it vulgar or keeping it a little bit, you know sexual or gross actually helps make the ideas more memorable. So if you think of something and it involves some depraved sexual act or something that's violent or disgusting, that could actually help you remember it. So I try to avoid a lot of those definitions for the people who don't want to hear me be profane, but it could actually help you when you're keeping it in your own head to try to remember the association between the word and the definition. So cock sex and being of a rooster having sex.

So coccyx and I want the butt bone. So what I'm going to imagine is this rooster having sex with a hen lying on this huge obese guy. They're having sex and they're sitting on his butt. They're actually sitting on his butt having sex and this is this obese hairy man and he is, they're sitting on his butt having sex. So that is a pretty ridiculous image that is kind of hard to get out of your mind but it does link

coccyx, cock sex with the butt bone. Which is sort of a very informal definition which would remind me, ok that's what it is.

And finally I have the epiglottis. And the epiglottis is the flap of cartilage behind your tongue which protects your windpipe when you're swallowing. So if you swallow some food, it covers over your windpipe so you don't get food down the wrong hole. And you know if you're ever trying to laugh or you're talking and you sometimes breathe in a little bit of water and you're coughing, that's because the epiglottis didn't quite cover it at that time. So that's what it's for and it's an anatomy definition in word. So epiglottis and the informal definition is throat flap of what I'm trying to think of. So now I want to create a visual association between the epiglottis which is again kind of a difficult word, there isn't really that much easily visualizable about it, and throat flap which I can immediately imagine because I have one. I can imagine my throat and I can imagine myself coughing on some water that's gone down the wrong throat.

So for me, I again, use the sounds like method and I came up with splitting it into two different words. So epi and glottis. So epi, I'm thinking of an epee. So fencing if there's people sword fighting, that's epee. And then glottis, I'm thinking of glutton. So someone that is eating just tons and tons of cake and is really, really obese, that kind of thing. So epi, so I'm imagining this really, really fat guy who is fencing with an epee while he has a large piece of cake in the other hand and he's stuffing his face. So epiglottis: epee glutton. And now I want to link that to throat flap. So now I'm going to imagine this guy fencing and he is fencing against this other man and the other man is drinking water and he is coughing on the water and he is unable to swallow. And the other guy is eating cake and they are fencing with their epees and he is unable to you know breathe properly because he is, his epiglottis has failed and he is coughing on this water.

So those are three simple examples, and once you get in the habit of doing it, you can actually do them fairly quickly. As I've said, I've kind of belabored these examples to really describe them in detail. But if you get used to doing them and you do them every single day, if for example you're in anatomy class and you have a lot of words to remember, you can usually get them down to 15 to 30 seconds per example. And that's kind of a level you should be aiming for. That doesn't mean that you're never going to forget the idea and you're never going to forget the concept but it increases memorability so you don't have to spend quite as much time on flash card repetition in order to memorize a large amount of definitions or terminology.