

BPP Professional Education

Essential business skills

Memory Techniques

Tuesday 17 May 2011 17.30hrs – 20.30hrs

Venue: BPP Premises, Swatar

Course Objective:



The aim of this course is to increase your understanding and recall of material studied, reduce time spent on study and improve success with exams. You will learn tools and techniques for memory improvement and how you can apply them to your studies.

Course Duration:

3 Hours

Course Outline:

- Introduction to Memory
 - How's your memory?
 - The Memory Fallacy
- How your Memory works
 - Your amazing brain
 - Immediate, short & long term
- What the Memory likes
 - Senses; Association; Patterns; Wholeness
- Basic Principles
 - Association; Imagination; Location
- Techniques
 - Visualisations
 - Peg Test
 - Linkage System
 - Journey Method
 - Story Method
 - Roman Room Method
 - Major System
- Speed Reading & Mind Mapping

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Speaker Profile: Gary Millns MCMi



Gary joined BPP in the Channel Islands in 1999 as Senior Lecturer on the Personal Effectiveness and Management Development Programme and became Managing Director of BPP (CI) Ltd in 2003. In July 2010 Gary became the Director for Offshore Centres and has recently become a Director of BPP Malta. He has over 25 years international experience in Training and Development gained from the Financial, Tourism and Hospitality sectors. He is a Member of the Chartered Management Institute and a Member of the Institute of Directors and sits on their Training sub-committee.

Gary has extensive international experience working for several years as a Training Consultant in the Caribbean, developing and implementing attitude based courses to improve customer service both at staff and managerial level. His skills include the design, delivery and implementation of bespoke In-House Management Development programmes and change initiatives. He also works with organisations and individuals as their Corporate or Life Coach. Gary lectures on our ACCA, ICAEW, ICSA & CMI programmes and is an NVQ Assessor.

Booking Information

For bookings kindly contact BPP Malta on 21314896 or send an email to info@bppmalta.com