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## GPS MEDICAL MEMORY MASTER MEMORIZATION ... MASTER YOUR FUTURE IN MEDICINE

### SYLLABUS

#### INTRODUCTIONS TO GPS MEDICAL MEMORY

GPS Medical Memory is designed to help you significantly raise your exam marks on all USMLE examinations. It will also help you excel in diagnostic medicine and achieve precise, instant & accurate clinical interpretations in rounds, residency and as a licensed physician in practice.

We begin GPS Medical Memory with an understanding why you and everyone else in your class needs to learn how to memorize properly. There's a reason why 90+ % of students who take USMLE Step 1 forget more than 70% of what they learned in First Aid review within 3 months. What was that again?

- Why medical students need GPS Medical Memory.
- Learning is not the same as Memorizing: mistakes other courses make.
- How GPS Meds Memory was discovered – living a nightmare called 'Pharmacology'.
- Preliminary encoding to begin the memory skill process: it's important to get you to memorize some information needed to encode / turn your brain into an A.I. powerhouse of recall. Just be patient with the process and trust it!

#### [MODULE 1]

##### PART 1: BASIC MEDICAL MEMORY GPS CONCEPTS - INTRO MEMOS ON MEMOGRAPHY

Let's get this party started. It's important to understand memory from a neurophysiologic basis. We review concepts involved in how we think and outline the importance of each step involved in your memorization process. One step at a time.

Part one also covers all the good and bad types of mnemonics used (hello First Aid) and of huge importance is the identification of the two memory processes called electric and reflex. Knowing this will make sense as to why it's so damn hard to memorize all those numbers, drug names and imaginary abstract creatures like viruses. Don't worry, if we can identify a problem, it means we can fix it.

- Memory skills
- Visual thinking





- Electric / reflex memory – connection fixation
- Visual / figurative thinking
- Speech thinking (inner voice) and Speech out
- Memorization systems
- Selective retrieval
- STAGES OF MEMORIZATION
  - Encoding elements
  - Memorization process 6s
  - Recall (anamnesis) testing – Fixation 3x
  - Added encoding medical elements.
- ASSOCIATIONS – NATURAL CONNECTIONS
- Skill of memorization: thinking & attention
- Reflex remembering
- AI associative memory process
- Control of anamnesis
- Mnemonic types (5)
- Modern mnemonics use systems
- Constellation activation
- Understanding electric memory verses precise information
- Fixed figurative codes
- Concept of substitution images
- Understanding that understanding is not memorizing
- Spatially organized visuals create the understanding: reproductive imagination channels and operator channels

## [ MODULE 1 ]

### PART 2 MEMORY MECHANISMS

#### NOT PSYCHED-OUT TO GET PSYCHED UP

Memory is just one part of what makes us super humans – our psychic process is discussed in detail in this part. There's also a bit of psychology discussion as related the formation of our personalities. More detailed physiologic processes involved with memory and our visual system is discussed as well.

- Information vs connections
- Reflex: primitive connections – Stimulant then Response
- Changes in body sensitivity
- Dr. Stanislavsky: method of physical action
- Human analytic system: heteromodal and monomodal connections
- Attention for analytical process
- Precise data
- Memorization vs memory (not learning here)
- Five psychic process of memory (not memorization here)
- 3 types of memorizations: intentional, unintentional, over intentional
- The Psychic process and it's masterful components.
- Imagination (T+R)
- Memorization is fixation
- Pathology
- Attention, Senses, Thinking, Representation
- Logical operation
- Intellect subgroup of T
- The totality of thinking process
- Imagination: T+R
- Memorization: A + T (reproductive imagination)
- Memory types





- Physiology of memory
- Spatial frequency filters
- Directional selectivity
- Contour breakdown
- Deep temporal lobe
- Unconditional reflexes: reflex connections
- Imagination: Reproductive imagination, channels used in imagination (I=T+R)
- Variants of Understanding (four of them)
- Memorization skills

#### [ MODULE 1 ]

#### PART 3 BASIC SCIENCES CONCEPT

#### YOUR FACMM DEGREE - FELLOWSHIP IN ACADEMIC AND CLINICAL MEMORY

This is the big one! After this module, you will know more about memory than a family practitioner. Everything you need to learn to apply to your First Aid memory work is covered in Part 3. We will very likely teach Part 3 in two teaching segments of 1 hour.

- Sequences of elements
- Learning/understanding VS memorization
- Master transformation method
- Natural associations
- Association types – artificial/intentional = electrical – you control it – constellation –
- Common & uncommon connections
- Cicero Method
- Free Association Method
- Method of Singling Out [+ with invisible parts, +distinctive feature]
- Auxiliary images
- Artificial, mono & heteromodal associations
- Imitating natural process of memorization – mimic & trick
- The visual analyzer & your dream
- Over-intentional, intentional and unintentional memorization
- Rules rule – memorization guidelines – mental operations
- Speech VS visual thinking
- The logical operation
- Comprehension disorders
- Spatial frequency filters
- Sense of memorization
- Association schemes – starting your skill process
- Figurative codes
- Mnemotechnical Effects: Association erasure effect, Associative chain turning effect, First image effect immediate anamnesis effect, Associative anamnesis effect
- Personality construct & dreams
- Characteristics of the memorization process: Memorization speed, remembering speed, memorization quality, m. volume, m. reliability
- Stages of memorization (4)

#### [ MODULE 1 ]

#### PART 4 ENCODING TECHNIQUES – MEMORIZATION

#### TRICK OR TREAT

In Part 4, you will learn the tricks to memorizing difficult elements called figurative codes. So as you go through your First Aid review book, it will become evident what you can expect to forget if you don't code it properly in your memory. To be able to predict what is designed to not stick will guide you for all that is to be memorized in your review book.





At this level of memorization, knowing these memorization rules makes you an expert on the subject of 'how to' memorize.

- Alphanumeric code: word selection on the basis of consonant letters
- Phonetic figurative codes
- Figurative codes
- Word representation with an image
- Word and image sense
- Symbolization technique
- Phonetic figurative codes – foreign words
- Method of clue association (5 techniques)
- Information compression method

#### [MODULE 1]

##### PART 5 MEMORIZATION

##### PSYCH-A-DELICIS: SHROOM-NATION!

Part 5 takes you into your world of imagination. Training your mind to use creative imagination and then knowing how to manipulate and store this information is covered in Part 5. We also get into the organization of masses of information as there will be rules and coding to follow in your memorization process as well. This, as you can expect, is a must-do for First Aid.

- Three methods to connect images
- 2 images
- Association creation
- Association connection [AC]
- AC information blocks, sequences and Russian Doll

#### [MODULE 1]

##### PART 6 SEQUENCE MEMORIZATION

##### PREP-STEPS TO BECOMING AN A.I. BOT ... MEDMEM BOT!

It is all coming together nicely as you get into Part 6. You will be craving to scan and review your First Aid after Part 6 as it pulls it all together nicely at this level of memorization knowledge and skill. Scanning is mentioned because each chapter's sub-sections are organized differently. Part of your prep-step is to organize what needs to be memorized and then decide what memory system you will use to enter all that data in your headspace.

- Sequence memorization Cicero natural association, Free association (natural), Singling out (natural). Chain, Russian Doll, Invisible image parts.
- Review 3 methods of image connection
- Association connection: Russian doll, information blocks.
- ONE Cicero with singling out
- TWO Free Association with singling out
- THREE The chain method
- FOUR The Russian doll method
- Memorization by ordinal numbers
- Memorization in alphabetical order
- The returning method [Chain + singling out]
- Fixed sequence
- Invisible image parts
- Numeration with figurative codes

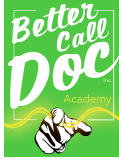
#### [MODULE 1]

##### PART 7 CONNECTION FIXATION

##### YOUR PERMANENT A.I. BRAIN IMPLANT

- Active repetition memorization – re-anchoring





- Fixation and test remembering
- Connection fixation scheduling
- Electric memory requirements
- Erroneous thinking
- Repetition with complete decoding
- Inner speech and inner drawing techniques
- Fixation of figurative codes & Fixation of new signs
- Checking reflex level of memory
- Forming a support image
- First Aid discussion & Figurative Code reference charts

## [MODULE 2] LESSONS / WORKSHOP 1

Lessons or workshops (synonymous) start from the very first day of lectures (not synonymous with workshops, they're lectures for neuro-physiologic understanding of what your memory process. One hour lecture, then one hour workshop, at a pace of two per week with continued m-skill practices every day.

So Module 2 are not about lectures. Together we have fun, practice and get amazed emotionally at how fast and magical the process and its effectiveness really is. One lesson at a time, GPS students are guided to expand and use their visualization skills as well as all other psychic processes involved in the memorization, understanding and intellectual processes.

The first lessons start slowly but progress toward being able to memorize as much as 25 randomized elements [figurative codes like numbers and dates] within the first three lessons and sequenced or ordered elements. Hello First Aid book!

Students are encouraged to bring their First Aid book from the very first workshop as we can use it to start memorizing, selectively, elements. Amazing, right?

Keep in mind that as you move along in the course, you will not have to study your First Aid anymore. All that will be required is a quick review (3 seconds per element) of your First Aid material on a programmed schedule which, by the way, you can do while watching re-runs of Grey's Anatomy or Dr. House. We encourage students to entertain themselves during the fixation reviews. Can you imagine? Shocking, right?

### PART 2 Un Deux Trois Go!

PRE-WORKSHOP PREPS WORK: Encoding figurative codes for reflex memory (not electric).

\* W is short for workshop. X is short for exercise.

#### PART 2 - The Magic Begins

W1.X1 Visual thinking, Chain method, Spontaneous apparition

W1.X2 Russian doll

W1.X3 Auxiliary support, Cicero

W1.X4 Free association

W1.X5 Alpha-numeric code

#### PART 2 – Making Connections

W2.X1 Russian doll

W2.X3 Cicero

W2.X4 Free association

W2.X5 Free association, Figurative numeric codes 01-10

W2.X6 Cicero

#### PART 2– You & Einstein





- W3.X1 Volume chain
- W3.X2 Decoding numbers using consonants
- W3.X3 Symbolization method
- W3.X4 Familiar information method, Encoding by consonant method
- W3.X5 Creating words from consonants method
- W3.X6 Creating words from syllables method
- W3.X7 Figurative codes 11-20
- W3.X8 Verbal callouts of figurative codes, Repairing using mental drawing method
- W3.X9 Cicero for figurative encoding

#### PART 2 – Mixed Memory Mixed Feelings

- W4.X1 Learning to trust your memory, Chain
- W4.X2 Russian doll
- W4.X3 Linking to familiar information + Chain
- W4.X4 Consonance coding + Russian doll
- W4.X5 Drugs + Association creation + Cicero
- W4.X6 Figurative codes 21-30
- W4.X7 Encoding table 21-30
- W4.X8 Codify figurative codes 01-30
- W4.X9 With 30 Cicero – memorize random numbers (figurative codes) – 01-30

#### PART 2 Big Numbers In Your Memory Bank

- W5.X1 Creation of association: 8 Cicero – first 4 associations, 5<sup>th</sup> chain, 6<sup>th</sup> Russian doll, 7<sup>th</sup> build on syllables using chain and 8<sup>th</sup> figurative codes decipher from image then chain [total 71 items], Controlling recollection.
- W5.X2 Figurative codes 31-40
- W5.X3 High speed encoding fig codes. Visual thinking/encoding from verbal lecture of fig codes
- W5.X4 Encoding numbers 01 to 40
- W5.X5 Ordinal memorization, Words to Images via symbolization, linking to familiar info, codifying by consonance, dividing into syllables and building them up to get meaningful words, Stable phrases or collocations

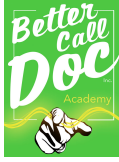
#### PART 2 – MMA-Level Pro Memory Training

- W6.X1 Multi-level systems of support images, 10 minutes to memorize multi-system in the exercise, 250 elements [Gm Positive/Negative? Viruses?]
- W6.X2 Method of clue association – titles, terms, last names, drug names
  1. Clue associations combines four methods of encoding: symbolization (love = heart),
  2. linking to the familiar information (110 V = power outlet),
  3. codifying by consonance (factor = tractor), and
  4. the syllable-build up into a word (MIN = MINE).Memorizing the 50 states using clue association – using Cicero pattern from W6.X1
- W6.X3 Figurative codes – 41-50
- W6.X4 High speed encoding 41-40
- W6.X5 Fig code 01-50 random
- W6.X6 Memorize W6.X5 in chain (but fig code rule applies)

#### PART 2 – Pulling it all together! This is it!

- W7.X1 Chain 01-50 (breaking rule)
- W7.X2 Combination of letters next to ordinal numbers in a series like 1 is rtw, 2 is std, etc...
- W7.X3 Memorize in order 3-digit numbers consecutively in ordinal order like number 1 was 534, number 2 was 609 etc...
- W7.X4 Memorize random combination of letters that don't make sense in words using Cicero and association bases.  
(a drug class could be done?)
- W7.X5 Sequence of words (unknown) using chain – memorize, write down, check memory score
- W7.X6 Fig codes 51-60 (optional)
- W7.X7 Encode numbers 51-60
- W7.X8 Encode numbers 01-60
- W7.X9 You should now have 100 Cicero images, Cicero location ideas,





#### CLOSING REMARKS – UNDERSTANDING ARTIFICIAL INTELLIGENCE

Congratulations, you have reached an advanced standing level of memorization skills.

In this closing workshop, we review how A.I. works and connect it to how you now have identical skills of not just memorization (saved document memory in your brain software) but, more importantly, identical methodologies of information recall!

We will now discuss your needs for guidance with your First Aid material.

