

PREFACE

A STORY WITHIN A STORY

I have been teaching classes on learning and memory for many years. Participants have included people from all walks of life who are worried about their own memories, or how to help a loved one. Many are educators who want to know more about how memory works, how they can help themselves, and especially how they can help their students. Questions they have include:

- Why do my students forget things from one day to the next?
- Why do my students forget information we have reviewed for the test?
- Why do I forget where I put my keys?
- Why do I forget where I parked the car in the parking lot?
- Why do I forget a name twenty seconds after I'm introduced to someone?
- Why do I forget appointments?
- I have to learn something new for my job; why do I keep forgetting?

I found it interesting that they focused on what they were forgetting. It brought to mind the saying that “elephants never forget.” With that thought, I decided to create a tale explaining this phenomenon. So, the lion king Nyack, which is a South African word for “strong hearted,” and Opooit, which means Old Foot, the name of a legendary elephant of South Africa, were born. Researching these great animals was enlightening. Elephants are very bright and have no natural enemies besides humans. They *do* have extraordinary memories. The African lion has been considered king of the jungle due to size and strength. Like the elephant, lions only have humans to fear.

Using memory strategies and suggestions from memory research that I teach in my classes, the acronym N.E.V.E.R. F.O.R.G.E.T. developed. To assist my

class participants, I then added a mnemonic device, a memory trick, to further establish in their memories what each letter of the acronym stands for.

“You Can Always Remember If You N.E.V.E.R. F.O.R.G.E.T.” is the story of Opooit and Nyack as told in a memory class with participants who have various memory concerns. Using the strategies that are “spelled out” in the story, each one finds success both personally and professionally.

My hope is that others will see that by following the examples of Nyack, Opooit, and the delightful people in Memory 101, they, too, can feel better about their memories and help their students.

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I want to thank the researchers who are working diligently to find the cures and preventions for diseases that affect our precious memories.

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