



Tecniche di Memoria e Metodo di Studio (Italian Edition)

Pierluigi Fratarcangeli

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Questa guida è il risultato di un corso sulle tecniche di memoria seguito ai tempi dell'università, a cui si aggiungono studi condotti sull'apprendimento e la memorizzazione rapida, oltre ad un'esperienza decennale di insegnamento nel mondo della scuola.

Vuole essere uno strumento di facile ed immediato utilizzo per studenti e, in generale, per coloro che intendono migliorare i tempi di memorizzazione e ottimizzare le abilità di studio. Chi scrive ha applicato alcune delle tecniche qui proposte con i propri alunni, ottenendo risultati decisamente soddisfacenti; per questo auspica che possa essere utile a più persone possibili.

Per le esigenze di rapidità ed immediatezza che questo scritto si propone, non ci si soffermerà (se non in minima parte) su questioni teoriche legate al funzionamento del cervello; piuttosto, si andrà direttamente al punto con l'applicazione pratica delle singole tecniche.

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