

## **Syllabus for Memory Fun 101 – Memory Training for Interpreters**

**Main Goal:** Emphasis will be placed on improving working-memory, short-term memory, and long-term memory. Thus, the memory skills developed in this course will help to enhance an interpreter's: consecutive interpreting, language skills, ability to learn new terminology, and overall mental fitness. Interpreters will complete this course with sharper minds and a solid foundation in exercises and techniques that will benefit them throughout their lives and interpreting careers.

**Methodology:** Students listen to MP3 recordings by Chester Santos. There are 4 recordings in total. Each recording is accompanied by a slide with URL links that direct the student to unique memory exercises. Following each audio recording and its corresponding memory exercises the student is required to take a 10 question online quiz. After receiving a grade of at least 80% or better the student may proceed to the next learning module etc. (The student may take the quiz as many times as is required until passing)

Upon completing all 4 modules the student is provided a certificate of completion that is generated instantly as a PDF.

### **Module 1**

#### **Memory Fundamentals**

**(1 Hour and 30 Minutes)**

Student will learn memory boosting methods that exercise their imagination and awaken creativity. Student is shown how to utilize both sides of the brain in order to make information stick and become unforgettable. The benefits of simultaneously utilizing the left hemisphere of the brain which deals with logic, and the right side of the brain which deals with creativity and imagination will become clear. Students will participate in memory exercises and will actually be able to feel their memories improving throughout the session. After completing the audio portion, the student will take a 10 question online quiz. (The student may take the quiz as many times as is required until passing)

### **Module 2**

## **Number Memory**

**(1 Hour and 30 Minutes)**

In this module, Santos teaches how to quickly and easily file numbers for instant recall whenever they are needed. Students will participate in fun exercises that will have them seeing numbers in a whole new light. After completing the audio portion, the student will take a 10 question online quiz. (The student may take the quiz as many times as is required until passing)

## **Module 3**

### **Names and Faces**

**(1 Hour and 30 Minutes)**

In this intensive module, Santos will teach and train the student in the most effective and easy way to learn methods for remembering names. While participating in fun exercises involving actual names & faces, students will notice their memory improving dramatically throughout the class. After completing the audio portion, the student will take a 10 question online quiz. (The student may take the quiz as many times as is required until passing)

## **Module 4**

### **Speeches/Presentations/Public Speaking and Terminology Mastery**

**(1 Hour and 30 Minutes)**

In this module, Santos teaches how to apply the skills learned in Memory Fundamentals, to quickly and easily memorize and learn speeches, foreign languages, and various types of college course material. During this class, students will participate in fun exercises and in the process will master a real speech, 20 Korean words and their meaning, and 10 concepts from a college course. After completing the audio portion, the student will take a 10 question online quiz. (The student may take the quiz as many times as is required until passing)

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**Instructor:** Chester Santos

**Memory Expert/Author/Motivational Speaker/Corporate Trainer**

- **B.A. Psychology – U.C. Berkeley**
- **M.S. Software Engineering – Golden Gate University**
- **United States National Memory Champion**
- **Over 10 years of teaching experience**

**Chester Santos, "The International Man of Memory", is one of the world's foremost experts on memory training. He's helped thousands of people around the world to realize the benefits of an improved memory and sharper mind, and has appeared in the New York Times, Wall Street Journal, San Francisco Chronicle, Washington Post, USA Today, PBS, CNN, and various other television, radio, and print media all over the world. Chester is also the 2008 USA National Memory Champion. He has spoken for executive organizations such as YPO, CEO Clubs International, and AceTech as well as for many Fortune 500 companies, and prestigious universities including: the Royal University for Women in Bahrain, the Haas Graduate School of Business in Berkeley, Stanford University, and Harvard University. Chester is working on a new book about memory improvement and brain fitness due out in 2014.**

**Mr. Santos has been included as a famous memory expert and motivational speaker in Wikipedia: [http://en.wikipedia.org/wiki/Chester Santos](http://en.wikipedia.org/wiki/Chester_Santos)**

**Chester has twice conducted CIMCE approved sessions at the annual Continuing Education Conference for the California Federation of Interpreters. His sessions were incredibly popular with interpreters and received rave reviews. Two of his one day memory improvement workshops have previously been approved for 6 hours of CIMCE credit with approval numbers L2956 and L3145. One of his most recent television appearances was on PBS' NOVA Science in an episode entitled "How Smart Can We Get?" in which Chester trained the famous New York Times tech columnist, David Pogue, in ways to improve his working memory and short-term memory.**