

EWT etc.

FISHER & GEISEMAN (1992)

- REPORT EVERYTHING (1)
- MENTAL REINSTATEMENT (2)
- CHANGE THE ORDER (3)
- CHANGE PERSPECTIVE (4)

INCREASE ACCURACY 34%

COGNITIVE INTERVIEW 3 STAGES

- 1 ENCODES INTO DETAILS
- 2 RETAINS SHORT PERIOD
- 3 RETRIEVES FROM STORAGE

LOFTUS ('74)

LEADING QUESTIONS AFFECT MEMORY RETRIEVAL

VALIDITY NOT REAL LIFE NOT SERIOUS NOT EMOTIONALLY AROUSED

FOSTER ('94)

REAL-LIFE ROBBERY IDENTIFY-MORE ACCURATE

FACTORS AFFECTING

ANXIETY

DEFFENBACHER ('00) HIGH-STRESS NEG. IMPACT EYENITNESS

AGE

MERES-DODSON LAM 'INVERTED U' WEAPON DISTRACTS ATTENTION FROM FACE

PARKER & CARRANZA ('89) CHILD NITNESS

YARNEY ('98) CONFIDENT (18-29) CHOSE EASIER

MEMON ('08) YOUNG & OLD (30-44) NOT (15-65)

NO ACCURACY DIFFERENCES

SAME 35MINS OTHER 1 WEEK

OWN-AGE BIAS

NOT 1 PROCEDURE COLLECTION OF TECHNIQUES EVALUATING DEV. COUNTRY BRAZIL TESTED

TORTUE FOUND BETTER THAN

MEMORY IMPROVEMENT

ACRONYM VERBAL ACROSTIC RHYME CHUNKING

HOW THEY WORK

ORGANISATION CREATE ASSOCIATION BOWER ('69)

REHEARSAL ELABORATIVE MAINTENANCE

VALIDITY

LACKS RESEARCH

MNEMONICS

METHOD OF LOCUS LANGUAGES KEYWORD METHOD ATKINSON & BAZAN. MINDMAPS

- effective speed reading
- business mapping
- mental agility
- accelerating information management
- think on your feet
- writing dynamics
- effective communication
- power up your memory
- creativity
- the innovation workshop
- thinking hats
- lateral thinking
- generating ideas (GATT)
- managing pressure
- stress management
- the mind body connection
- work/life balance
- healthy nutrition
- energy and well-being
- exercise and physical activity
- emotional intelligence
- the power of positive thinking
- effective time management

