BZ-WISSENSFORUM 2023

Hybrider Vortrag | 01.06.2023 | 19.30 Uhr

MERKVERMÖGEN

Gedächtnispower

Bringen Sie Ihr Gehirn auf Vordermann

HEUTE ABEND

Dr. Boris Nikolai Konrad

Gedächtnisweltrekordhalter

Badische Zeitung

BALLHAUS FREIBURG

Buchhandlung Rombach

SPRECHERHAUS®
Rohstoff Wissen

Mehr Platz im Gehirn

Dr. Boris Nikolai Konrad

BORIS
KONRAD

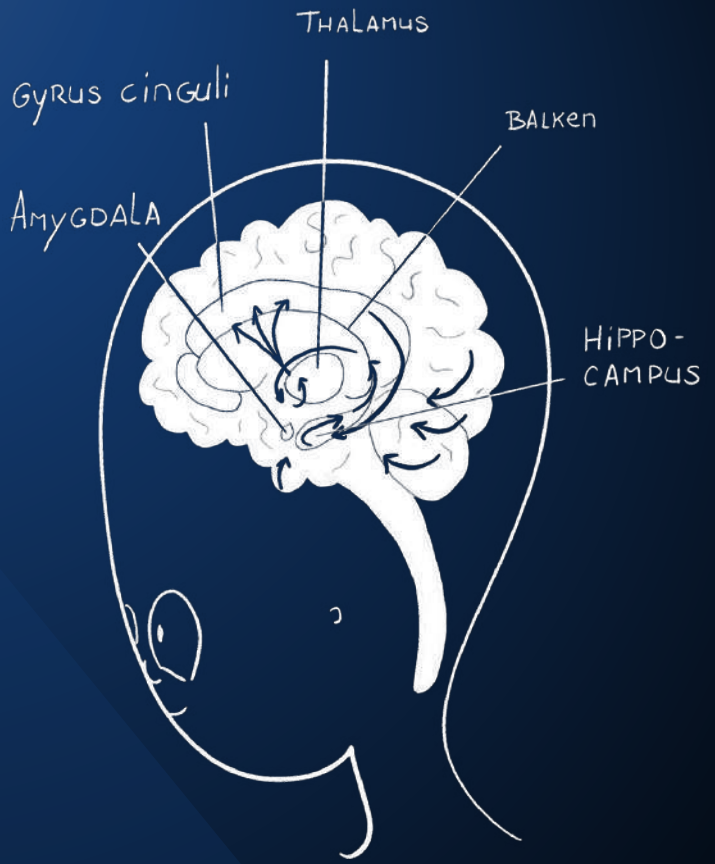
BORIS KONRAD

„Links ogisch Recht reativ“

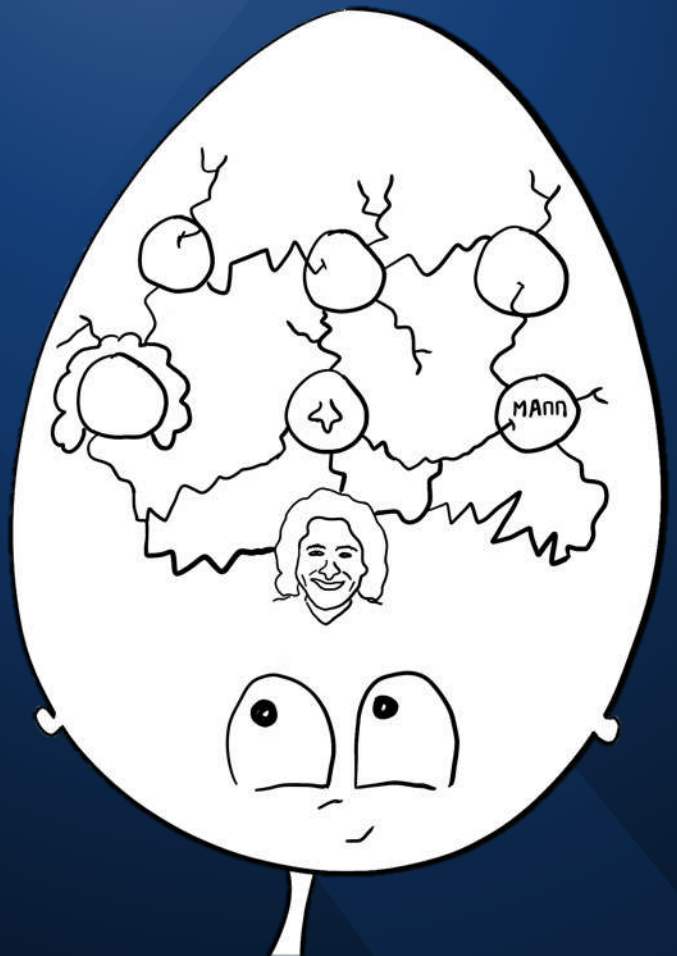
Limbisches System

Emotionen

Gedächtnis



BORIS
KONRAD
MIT PHYSIK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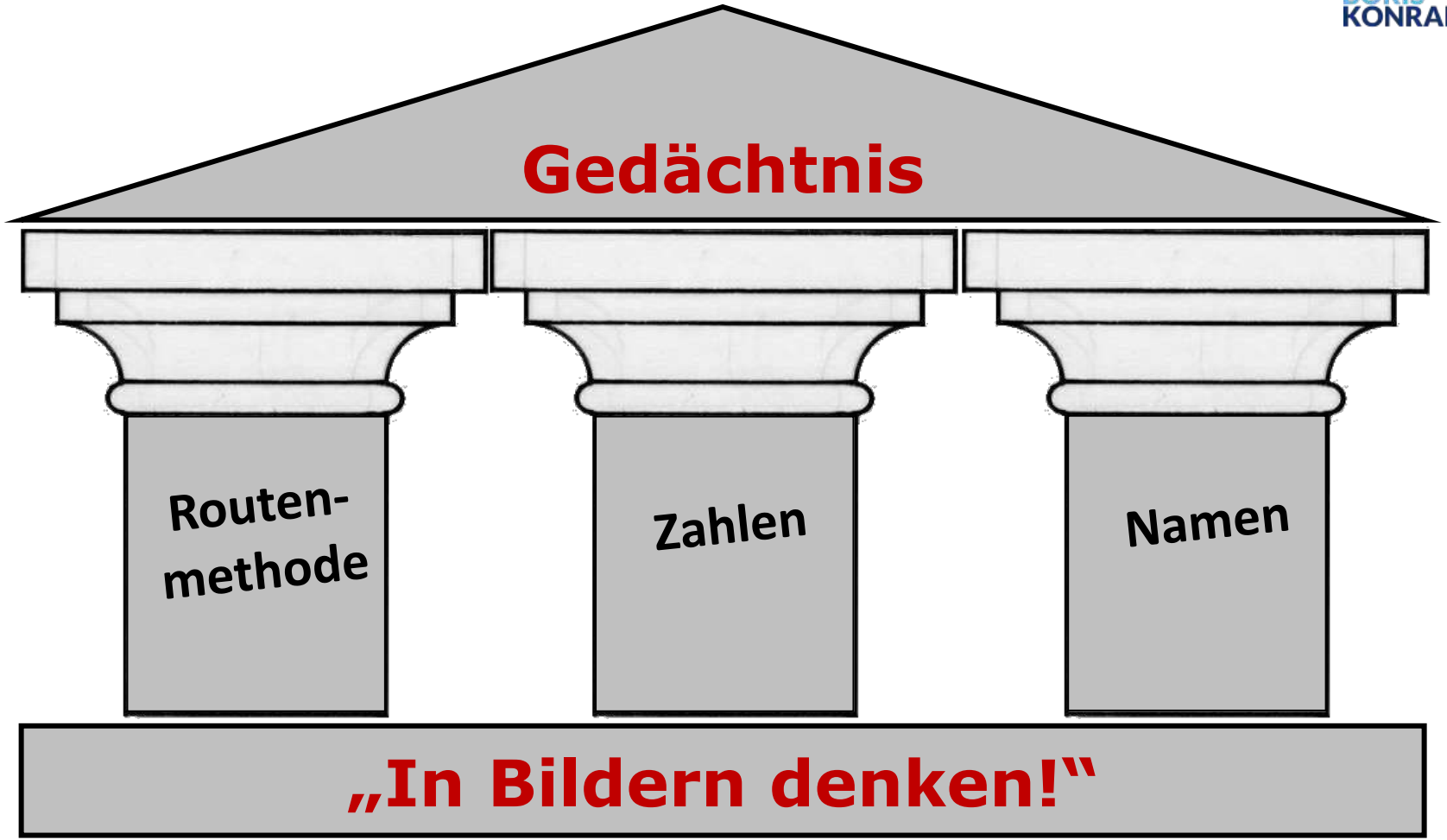
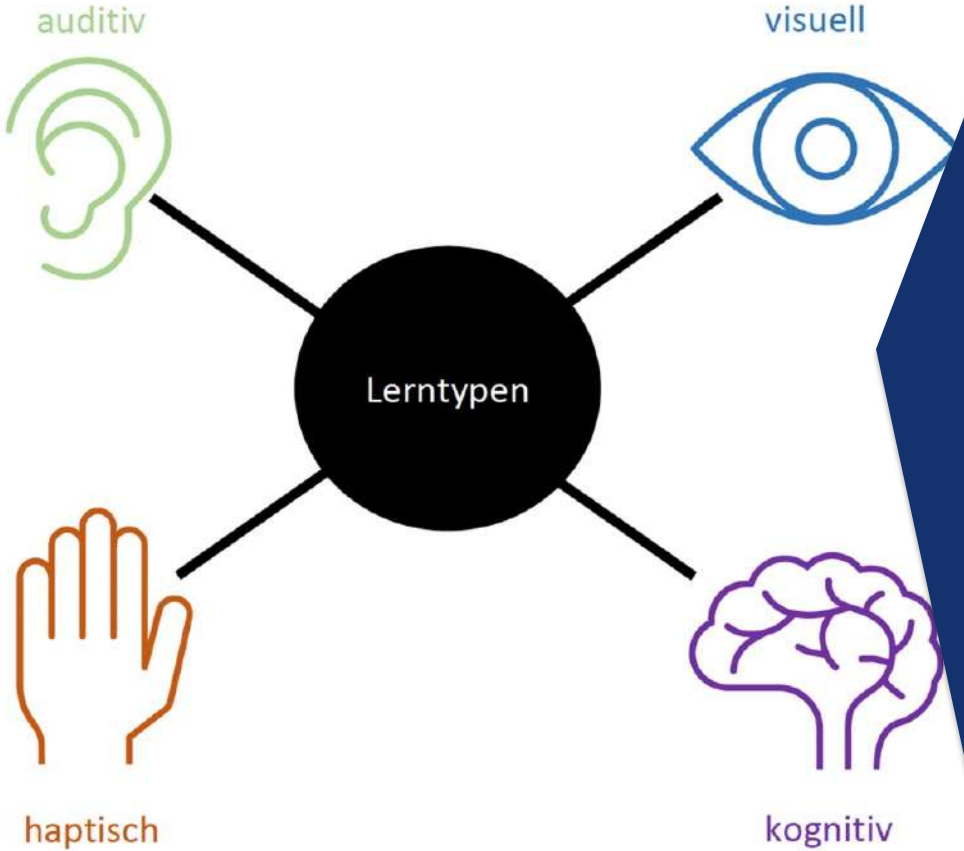
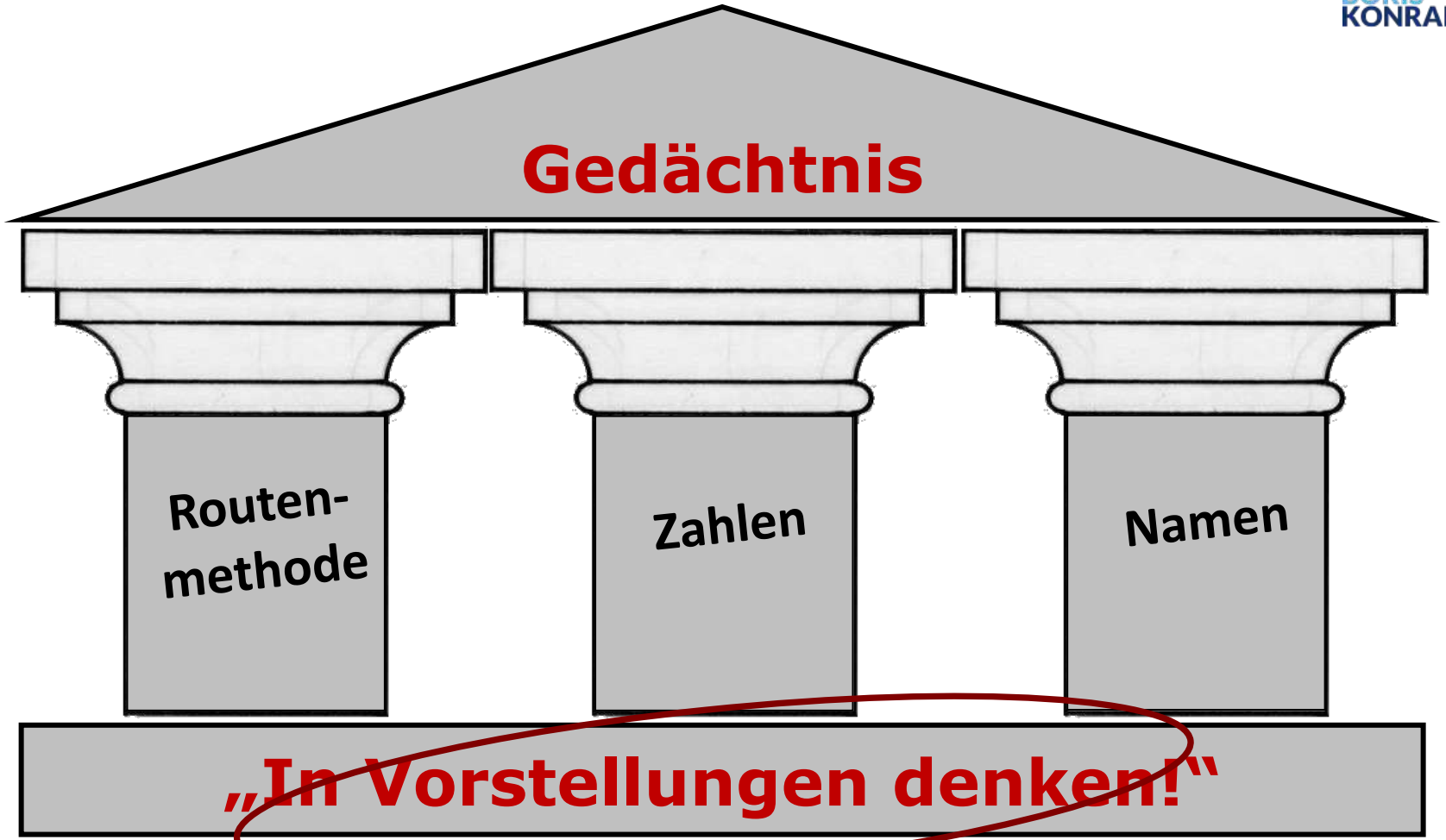

Gedächtnis
Routen-methode
Zahlen
Namen
„In Bildern denken!“



Es gibt vier Lerntypen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„In Vorstellungen denken!“

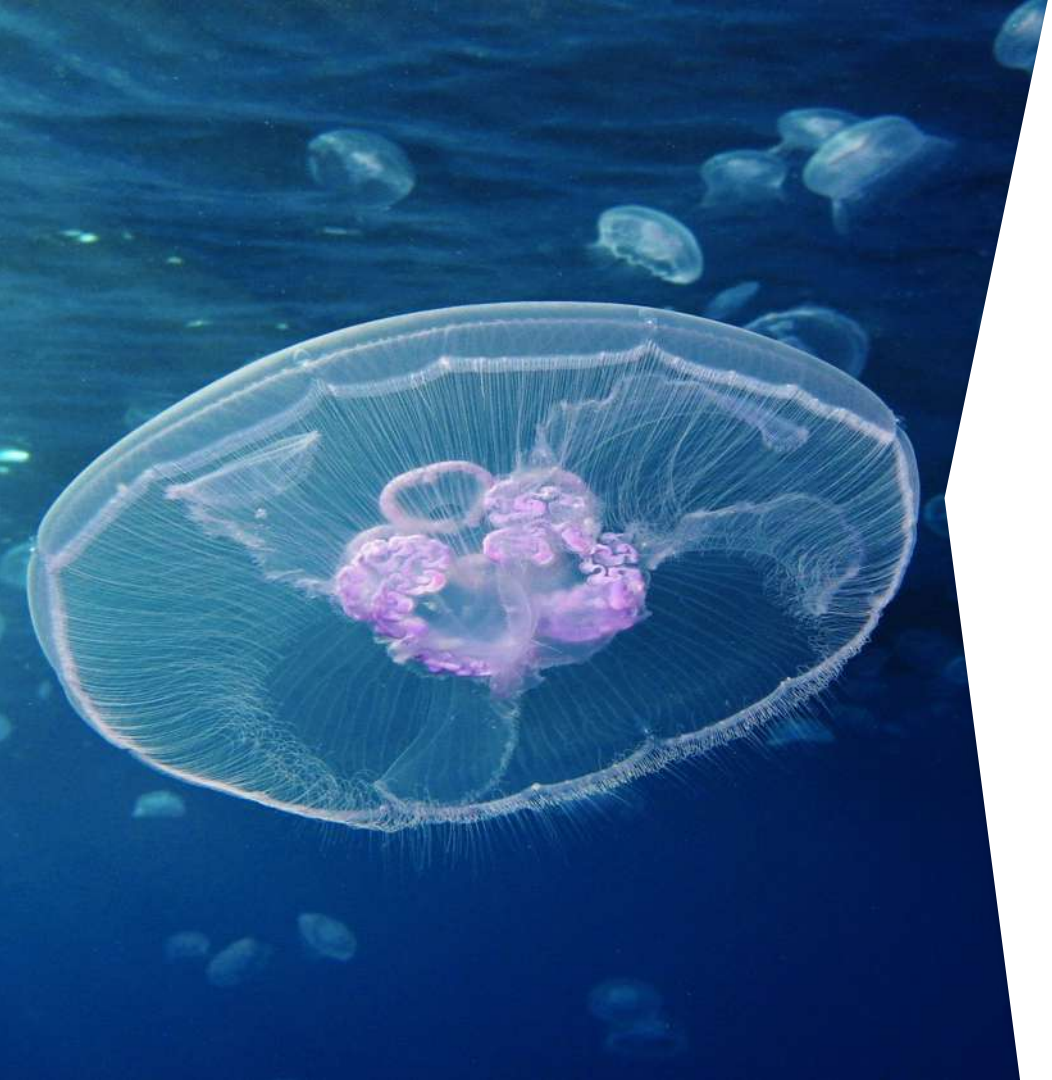
BORIS KONRAD

Merkworte

- Heu
- Lücke
- Hai + Mann
- Schielen
- Kasten
- Sack + Weizen
- Herzog
- Rau
- Kohle
- Wolf
- Gaukler
- Stein + Eier

Bundespräsidenten

- Heuss
- Lübke
- Heinemann
- Scheel
- Carstens
- von Weizsäcker
- Herzog
- Rau
- Köhler
- Wulff
- Gauck
- Steinmeier



BORIS KONRAD

Erste **Nervenzellen** –
650 Millionen Jahre

Erste **Säugetiere** –
200 Millionen Jahre

Erste „**Menschen**“ –
8 Millionen Jahre

Moderner **Mensch** –
0,2 Millionen Jahre

BORIS KONRAD

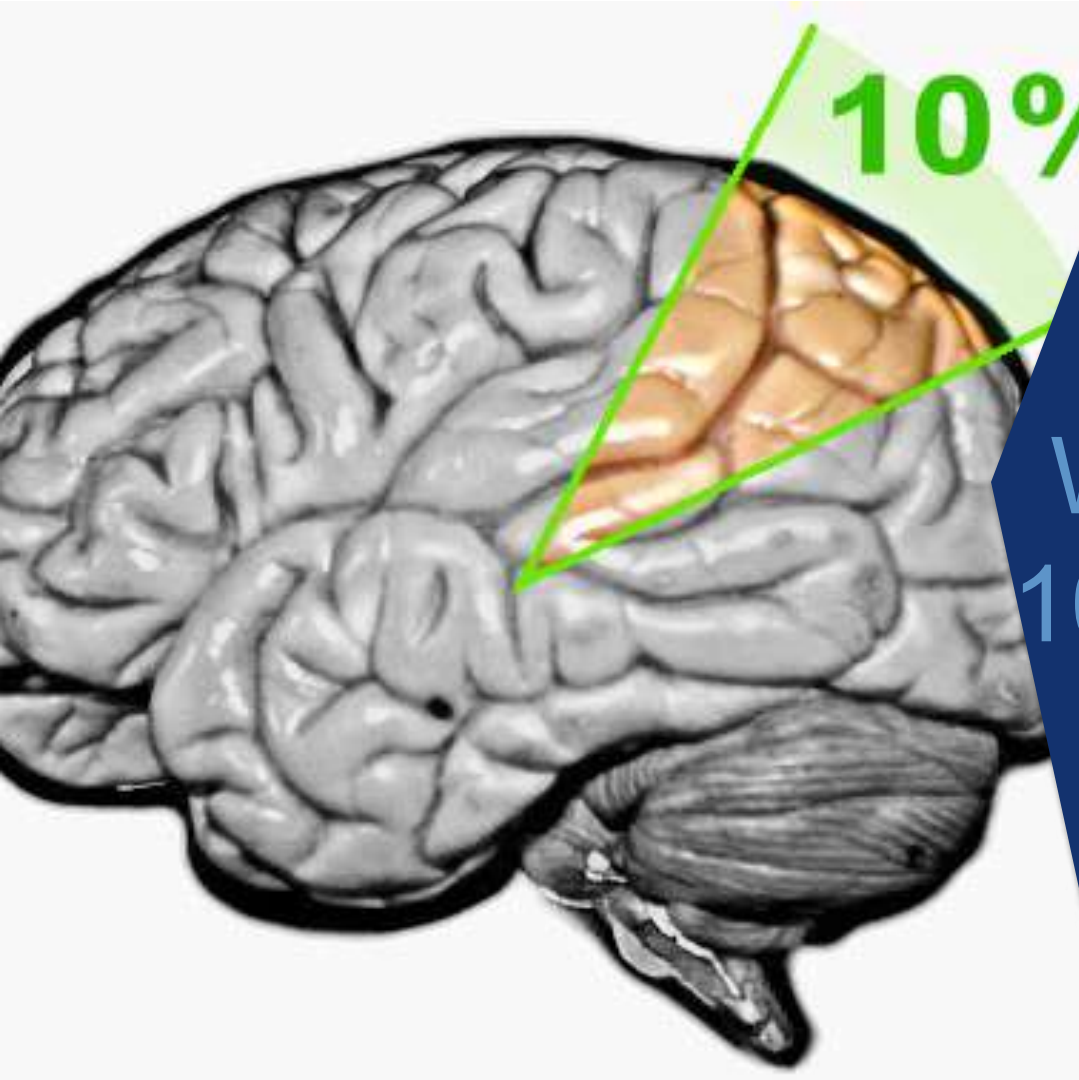
Moderner **Mensch** – 200.000 Jahre

Einfache **Sprache** – 100.000 Jahre

Moderne **Sprache** – 35.000 Jahre

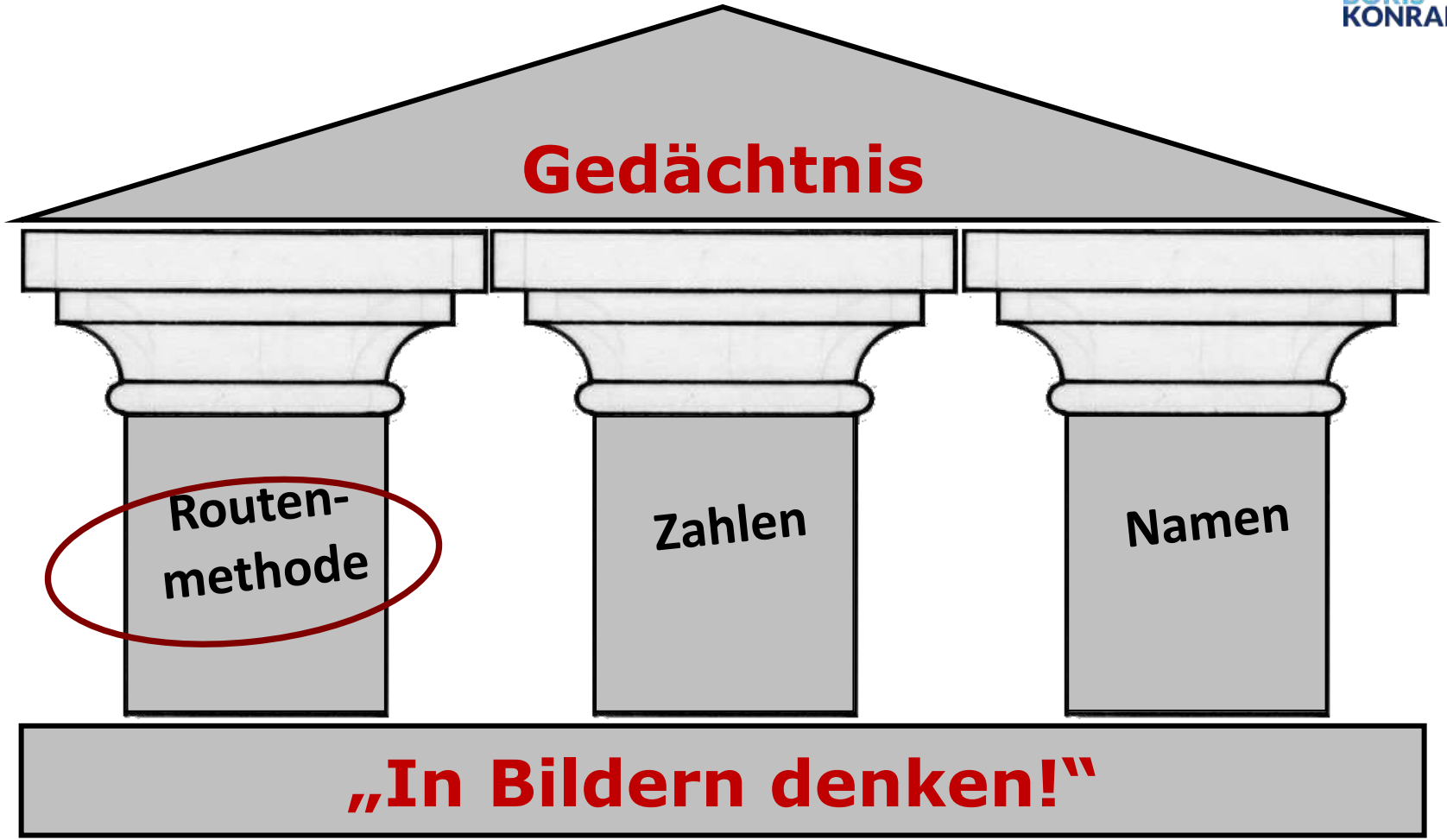
Schrift – 5.000 Jahre

Buchdruck – 500 Jahre



BORIS KONRAD

Wir benutzen nur 10% von unserem Gehirn


BORIS KONRAD
Gedächtnis
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„In Bildern denken!“

1. Füße
2. Knie
3. Oberschenkel
4. Po
5. Bauch
6. Brust
7. Schultern
8. Hals
9. Mund
10. Augen

Moos kauen

BORIS KONRAD

König
Glocke

Glühbirne

Bulle

BORIS KONRAD

Peter Burg

BORIS KONRAD

Bär Linie

BORIS KONRAD

Made Reiter

BORIS KONRAD

Papst Pizza

Kiel Chef

Liebe Eiffelturm

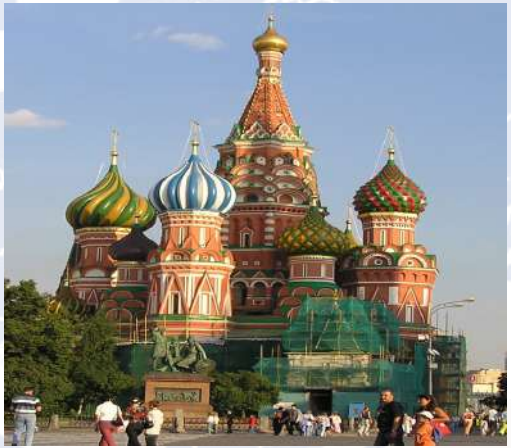
BORIS KONRAD

Buch Arrest

Remember!

Zehn größte Metropolen Europas

1. Moskau
2. London
3. Istanbul
4. St. Petersburg
5. Berlin
6. Madrid
7. Rom
8. Kiev
9. Paris
10. Bukarest



Source: World Gazetteer

WIEDERHOLEN

SCAN ME

Neuron
Article

Mnemonic Training Reshapes Brain Networks to Support Superior Memory

Martin Dresler,[1,2,4,5,*] William R. Shirer,[3,4] Boris N. Konrad,[1,2,4] Nils C.J. Müller,[2,4] Isabella C. Wagner,[2] Guillén Fernández,[2] Michael Czisch,[1] and Michael D. Greicius[3]
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http://dx.doi.org/10.1016/j.neuron.2017.02.003

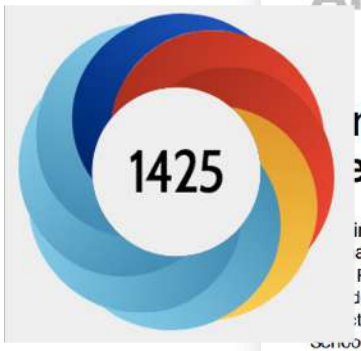
SUMMARY

Memory skills strongly differ across the general population; however, little is known about the brain characteristics supporting superior memory performance. Here we assess functional brain network organization of 23 of the world's most successful memory athletes and matched controls with fMRI during both task-free resting state baseline and active memory encoding. We demonstrate that, in a group of naive controls, functional connectivity changes induced by 6 weeks of mnemonic training were correlated with the network organization that

importance of medial temporal lobe (MTL) structures while highlighting the relevance of their interactions with cortical structures like the angular gyrus and posterior cingulate cortex, among others (Greicius et al., 2003, 2009; Vincent et al., 2006). The network approach has begun to inform our understanding of Alzheimer's disease and how it might spread progressively to other brain regions (Seeley et al., 2009).

To better understand the network structure supporting memory, we focus here not on memory loss but on memory gain. The top participants of the annual World Memory Championships regularly demonstrate the ability to memorize hundreds of words, digits, or other abstract information units within minutes (Foer, 2011). Surprisingly, such memory skills do not seem to be associated with extraordinary brain anatomy or

Dresler et al., 2017



Neuron
Article

CellPress

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[4]Co-first author
dresler@donders.ru.nl
.neuron.2017.02.003

OUTPUTS FROM NEURON

#1

of 4,813 outputs

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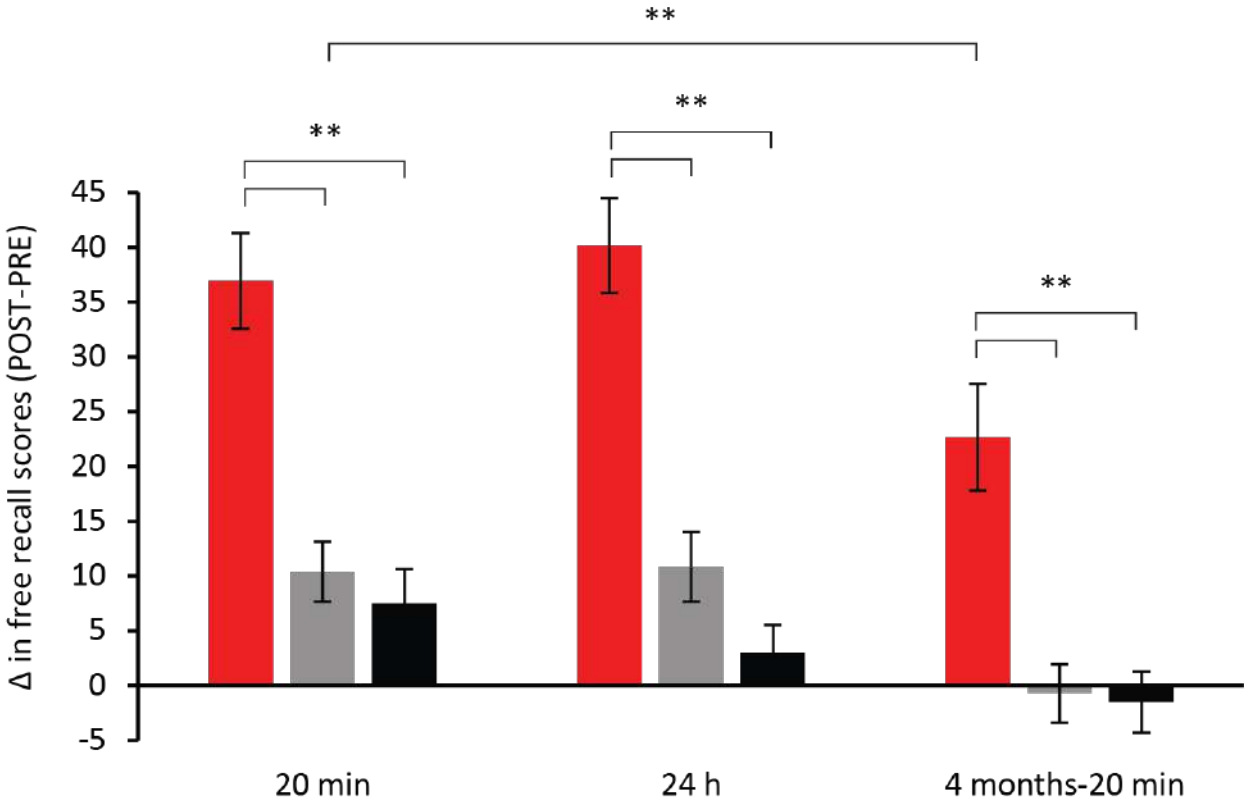
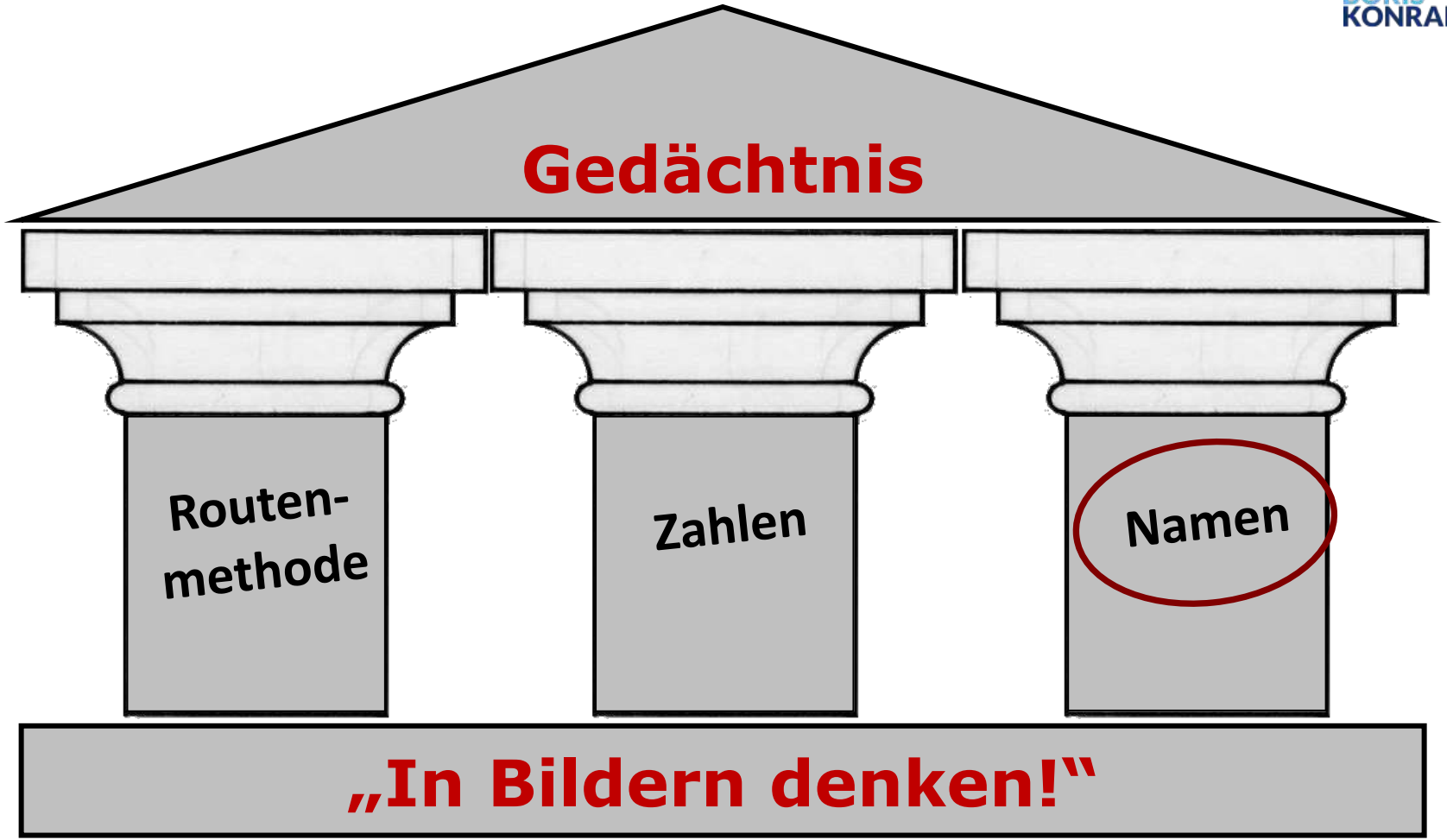
Dresler et al., 2017

FREE RECALL: POST-PRE change in the number of words freely recalled



** $P < 0.001$

HURRY UP
00:01:
START IN
02:58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„In Bildern denken!“

Frau
Meier

Namen merken – 5 Schritte zum Erfolg

- Namen hören oder lesen und dabei verstehen
- Namen „verbildern“
- Person „verbildern“
- Verknüpfung
- Wiederholung

Prof. Dr. Volker Busch

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Danke!

www.boriskonrad.de