Tuesday’s Tidbits

Picmonics May Help Improve Memory/Retention for the NCLEX

Most people have heard the quote “a picture is worth a thousand words.” Whether or not you believe it, the creators of the website, Picmonic.com, sure do. According to their website, “a Picmonic is a visual learning platform that improves memory retention and test scores by turning dry facts you need to know into unforgettable images and stories you can’t forget.” They’ve paired Picmonic’s visual mnemonics with practice NCLEX questions to help nursing students prepare for the NCLEX.

According to Picmonic.com, memory research has proven that:

- we remember better when something is unusual
- pictures are more memorable than words
- VISUAL + VERBAL = MORE LEARNED

You can sign up to be emailed a Picmonic question-of-the-day by adding your email address to their list.

The image on the right shows what the question looks like when opened in your web browser (Internet Explorer, Google Chrome, etc.). When you click on the blue link that says “See your choices and test your knowledge with today’s Question of the Day!” you’ll see the question with it’s answers. To get started, follow the directions on the next page.

Additionally, you will find some great videos in the Picmonic Video Collection on YouTube. Just go to https://www.youtube.com/user/PicmonicVideo.

A search in YouTube with the terms “picmonic video” will find even more in-depth videos you can use to prepare for classes and your NCLEX.
To get started, go to http://www.picmonic.com/nursing-nclex-question-of-the-day/. Click on the blue “Sign up for Question of the Day” box highlighted in yellow here. Enter your email into the box as indicated. Once you’ve received a question, via email, here’s what you need to do:

1. Selected your answer(s) (Yes, there are select-all-that-apply questions too.)
2. Click “submit.”
3. You’ll see if you’ve answered correctly or not on the next screen.
4. You’ll be given a Picmonic which will allow you to visualize the answer too.
5. Make sure you listen to the audio explaining the answer using the pictures in the Picmonic.
6. You can see additional questions by clicking on the blue “Next Question” box.

Give it a try! You have nothing to lose and so much to gain.

It’s FREE to sign up for the Question of the Day email and to watch their YouTube videos. Get started today!

Your NCLEX test day will be here before you know it, so be sure to take advantage of all the NCLEX prep resources available to you, some of which can be found on the Library’s NCLEX & HESI tab. Those at Picmonic.com can also help prepare you for success!