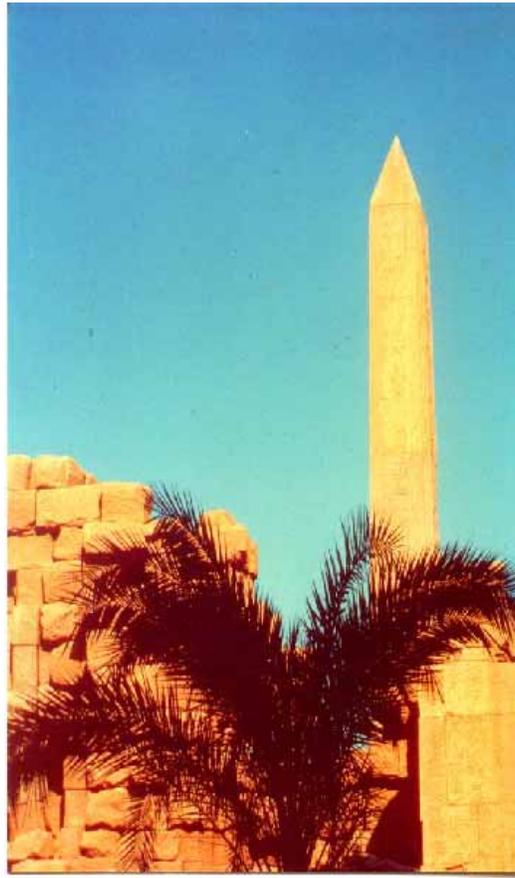


KUMBUKA

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Hakuna Kiwango
(REMEMBER, there is no limit)



*Using our African Cultural Strengths to
accelerate learning!*

AFRICAN CULTURAL STRENGTHS

Adapted from those listed in Asa Hilliard's *The Maroon Within Us*.

- **Improvisation**
- **Uniqueness**
- **Emotion**
- **Sounds (including from nature)**
- **Storytelling**
- **Bright colors**
- **Association (Relationships)**
- **Music**
- **Expressiveness**
- **Movement**
- **Rhythm**
- **Imagination**
- **Novelty**
- **People-focus**
- **Creativity**
- **Intuition**
- **Individual within the group** (I am because we are)
- **Flexibility**

KUMBUKA

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Strategies

General learning acceleration and memory improvement

- **Meaning** (the greater the **meaning or personal value**, the easier it is to remember) **Increase meaning!!!!**
- **Ujima** in place of chunking. Organizing individual things into larger groups. The “family” can be based on logical flow: i.e. a sentence instead of random letters. It can be based on rhythm. Putting info together into groups reduces the pieces of information we have to remember. Research shows that Ujima groups of 3, 5, or 7 are used most. Examples: FBI, IBM, NBC, CNN. Kinds: Rhythmic, logical sequence
- **Visualization** (i.e. ship, bed, flower, car, banana). Use your mind’s eye and creativity to see or visualize the object or a visual symbol of the things to be remembered. See substitutions below.

- **Substitution**

Things are easier to remember than ideas; thanks to visualization, imagination, etc. For example: remember the name “Mr. Mike Waterman” by substituting “microphone, water and man” for the abstract idea of Mike Waterman. Give the concrete images some life (movement, rhythm, meaning and relationship). We either use the **UNGA POMAJA (to join together)** or **Safari** system to link things to places.

What we remember best:

- Visual images: star, face, apple
- Smells: cologne, skunk, fresh baked bread
- Sounds: “Say it loud,” “ Bills, Bills, Bills”

- Tactile experience: a bee sting, a hug, kiss, a stubbed toe
- **Repetition: You know about this; can be least effective.**
- **Mind Movies:**

After we learn to substitute effectively, our next step is to create effective links or transitions between one image and the other. This process of linking we call **(Unga)** to join **(Pamoja)** together. We also call in making mind movies where each substituted image is linked or joined to the following substituted image.

Note: Mind Movies are not “Stories.” Making mind movies is close to stories but there are key differences. Some key differences: 1) Stories have a main character (s) who does many things. In a mind movie, each image becomes a main character that acts and passes the action on to the next item or character; 2) Stories usually involve problem solving, goal reaching and personal transformation; mind movies do not have that as a goal.

- **Story making/tellin’** is also an effective way to increase retention and deep level understanding...

Making Mind

Movies:

Use our African cultural strengths to aid your Mind Movies! (see page 1)

Steps to making Mind Movies:

- Read/listen
- Outline (key points)
- Identify Key words/concepts
- Substitute
- Mind movie
- Review / Review

Make your movies interesting

- Meaning (context, culture, self, family, people)
- Emotion or emotional impact —disgust, embarrassment, fear, sadness, joy, pain, power
- Expressiveness: (exaggeration, minimilization), etc.
- Motion (coins flipping, spinning, slipping)
- Color, tone, intensity, contrast (shining, silver)
- Uniqueness
- Repetition
- Familiarity
- Sound
- Texture

Hesabu Visuals

HESABU (NUMBERS) Sound Key:
By vowel sounds

0: Oh (glow), ow (cow)

1: uh (sun, drum)

2: oo (boot), oo (foot)

3: ee (wheat)

4: or (door, er (dirt) ar (car), air (bear)

5: eye (pie)

6: ih (pig)

7: eh (den)

8: A (pay)

9: ah (stop), a (cat)

00
hobo
01
donut
02
snow shoe
03
trophy
04
postcard
05
strobe light
06
clothespin
07
cowbell
08
cocaine
09
robot
10
cologne
11
onion
12
balloon
13
mummy
14
mother
15
mud pie
16
munchkin
17
gazelle
18
sundae
19

51

diamond

52

ice cube

53

ice cream

54

spider

55

night light

56

eyelid

57

trident

58

ice skate

59

sidewalk

60

window

61

pickup

62

igloo

63

chimney

64

zipper

65

midnight

66

windmill

67

pig pen

68

fish bait

69

quicksand

thumb tack

20

tombstone

21

toothbrush

22

cockoo

23

ruby

24

sewer

25

food fight

26

toothpick

27

footstep

28

shoelace

29

football

30

steam boat

31

peanut

32

beef stew

33

TV

34

beaver

35

beehive

36

phoenix

37

sea shell

38

key chain

70

elbow

71

catsup
72
test tube
73
red meat
74
sweater
75
French fry
76
penguin
77
present
78
headache
79
bread box
80
rainbow
81
apron
82
grapefruit
83
baby
84
skateboard
85
taillight
86
raisins
87
bracelet
88
brain waves
89
mailbox
39
teapot
40

car phone

41

hairbrush

42

harpoon

43

party

44

aardvark

45

hairline

46

starfish

47

park bench

48

airplane

49

door knob

50

life boat

90

manhole

91

walrus

92

tattoo

93

coffee

94

lobster

95

vampire

96

ostrich

97

closet

98

hot plate

99

hot dog

