

Cognitive Skills - Seafarer Memorization Training

1. Introduction

Cognitive skills are the vehicle for your cognition, which refers to the various processes of your thinking daily. Cognitive skills are the skills your brain utilises to process stimuli. The more complex information processing is required on board, the greater the demand for seafarers with high cognitive skills.

Memorisation is the ability to encode, store and effectively retrieve previously obtained information or past experiences.

It involves the capacity to store information such as words, numbers, rules, and procedures, and retrieve them to take action, such as complete tasks or solve problems.

This course allows you to showcase to your employers that you are being proactive and in line with the maritime industry's modern-day demands.



Duration

Course duration: approx. 12 min.
Course access: 2 months.
Course Language: English.



Flexible Learning

This course is available online, any time of the day and at your own convenience.



Certificate Validity

The validity of the certificate issued upon the successful completion of this course is indefinite.



Need Support?

We are here to assist you throughout the course. Please visit safebridge.net/contact

2. Target Audience

This course is suitable for all officer ranks onboard, including:

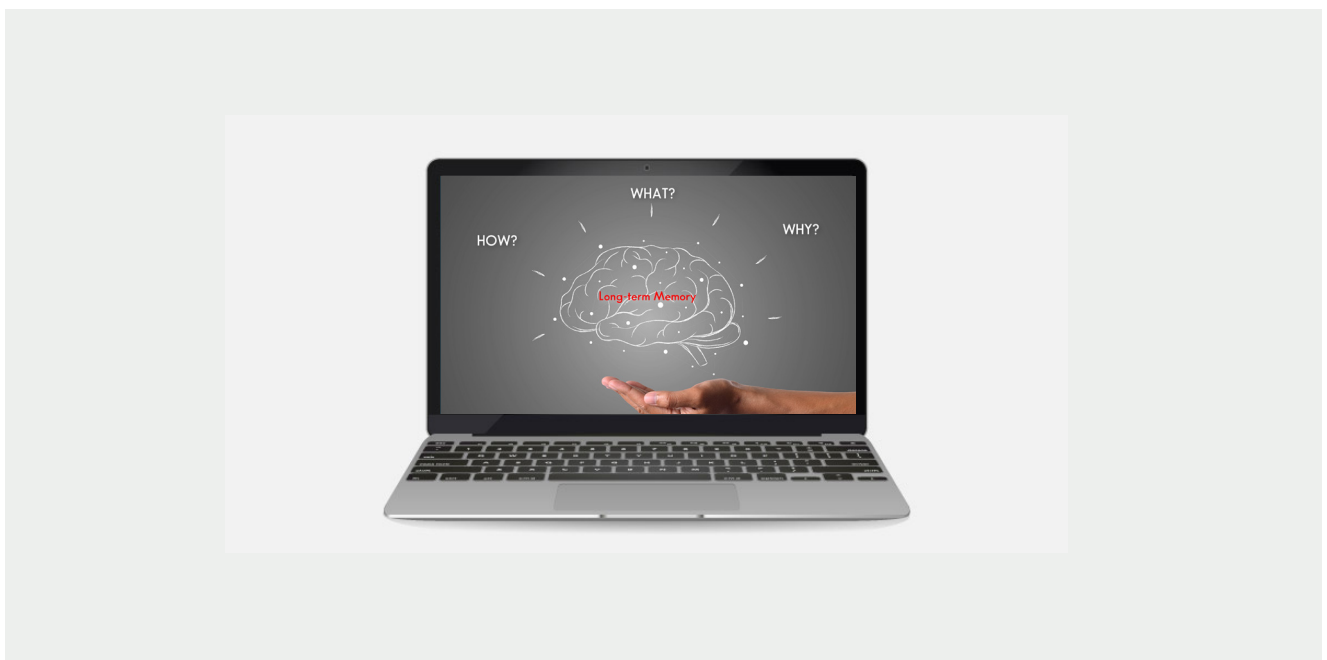
- Management Level Deck Officers
- Management Level Engine Officers
- Operational Level Deck Officers
- Operational Level Engine Officers

3. Prerequisites

Willingness to evolve and develop yourself personally and professionally.

4. Learning Objectives

Develop your memorisation skill as a seafarer and improve your ability to store and recollect information in a work environment.



5. Course Structure

Cognitive Skills - Seafarer Memorization Training
is broken down into two core modules:

Module 1

Stimuli

Module 2

Enhancing Memories

6. Learning Outcomes



Module 1: Stimuli

Covers the different “types” of memory and the stimuli used to create a memory.



Module 2: Enhancing Memories

Demonstrates how to enrich a memory by linking it with the why or building a story around it to give you practical advice on improving your memorisation.

7. Product Data Sheet: Seafarer Memorization Training

Modules	Module 1: Stimuli Module 2: Enhancing Memories	
Course Access	2 months	
Timeframe	approx.12 min	
Language	English	
Assessment	TestMe Daily Attempts: 2 Min % of progress on GuideMe to access TestMe: 90% Min % of passing the TestMe: 100% Total test time: 30min	
Price (Excl. VAT)	15,00 €	
Approval	-	
Features	GuideMe, TestMe	
Certificate	Yes (Indefinite)	
Prerequisites	Willingness to evolve and develop yourself personally and professionally.	
Educational Objectives	Develop your memorisation skill as a seafarer and improve your ability to store and recollect information in a work environment.	
Target audience	This course is suitable for all officer ranks onboard	
Strong Authentication	No	
Technical Requirements	<p>Browser: Chrome, Firefox, Internet Explorer, Safari, Edge.</p> <p>Operating Systems: Windows 8 or higher with latest updates installed</p> <p>MacOS 10.12 Sierra or higher with latest updates installed</p> <p>Apple iOS 11 or higher with latest updates installed</p>	<p>Internet Connectivity: We recommend the usage of a wired internet connection with at least 6Mbps for an optimum experience. Please note that connection via mobile internet is also possible; however, it is considered highly unstable and might cause your exam's failure.</p>