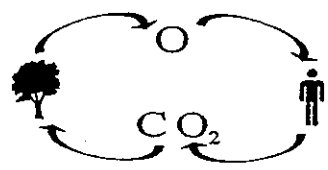


MNEMONICS/STRATEGIES FOR IMPROVING MEMORY

STRATEGY	DEFINITION	EXAMPLE
Mind Map	Organize mental maps from known information; then fill in missing information: main ideas, details, categories/parts, diagram labels.	<pre> government president congress supreme court / \ Clinton Senate House Rhenquist </pre>
Visual Chains	A visual cycle of pictures and/or words: cause/effect, linking systems, sequencing.	
Acronyms	Let the first letter of each word in a sentence represent the first letter of the words/list you wish to memorize: lists, sequencing.	<pre> H O M E S u n i r u r t c i p o a h e e n r i r i g i o a o n r </pre>
Word Links	Use the meaning of one word to associate with another: definitions, pairs.	The capitol of Oregon is Salem. (Think: There are many sailboats in Oregon because it's on the ocean. What do you do with these boats? Sail-em.)
Poems, Rhymes, Nonsense Verses, Lyrics	Using a familiar tune, substitute information to be learned: details, sequencing.	"Mary Had a Little Lamb" "The ABC Song" In 1492, Columbus sailed the ocean blue.

MNEMONICS/STRATEGIES FOR IMPROVING MEMORY

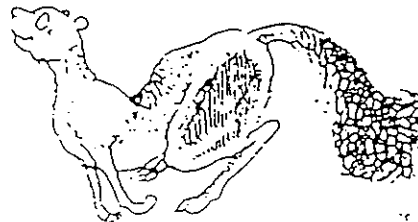
STRATEGY	DEFINITION	EXAMPLE
Take-A-Trip	Visualize familiar objects around a room and attach some information/word with each object: lists.	<div style="display: flex; justify-content: space-around; border: 1px solid black; padding: 2px;">dresser</div> <div style="display: flex; justify-content: space-around; border: 1px solid black; padding: 2px;">desk</div> <div style="display: flex; justify-content: space-around; border: 1px solid black; padding: 2px;">books</div> <div style="display: flex; justify-content: center; border: 1px solid black; padding: 2px;">bed</div>
Acrostics	Make up a sentence using the first letter of each word: sequencing, lists.	<u>E</u> very <u>G</u> ood <u>B</u> oy <u>D</u> oes <u>F</u> ine. (musical scale).
Picture Objects	Using a familiar object, associate information around it: lists, details.	Picture your finger. To learn prepositions, think of the action involved (around, to, from, etc.).
Hookups	Using one word or series of letters, "hook up" information beginning with the same letter: details, categories/parts, lists.	<pre> N ———┬── New Mexico └── North Carolina └── Nevada A ———┬── Alabama └── Alaska └── Arkansas T ———┬── Texas └── Tennessee </pre>
Make A Tape	Make a tape recording of information to be learned: vocabulary, foreign languages, spelling, lists, sequences, almost anything.	Play it repeatedly over several days. Play it just before sleeping at night.
Write It!	Write it repeatedly and say it aloud as you write: almost anything	Write it just before you go to sleep.



MNEMONICS/STRATEGIES FOR IMPROVING MEMORY

CONTINUED

STRATEGY	DEFINITION	EXAMPLE
Numbers	Write the numbers to be remembered: sequences.	Notice a special sequence and associate it with some familiar date. (birthdays) 2 17 64 mo day year
Poetry	The best way to remember poetry is to break it into small, meaningful sections.	Remember the story. Practice the meter/rhythm.
Sayings	Link information with a famous saying and substitute words.	A penny saved is... No pencil is as sharp as.....
Mental Pictures	Visualize how you see or expect to see a total picture: diagrams.	Close your eyes and visualize an X-ray view of the skeleton from the head down (skeletal labeling).
Create and Experience	Mentally and visually create/recall and experience and link information to be learned with what you do: sequences, details.	Imagine yourself making cookies, building a bookshelf, etc. step-by-step. Plug information to be learned into each step.



MEMORY

1. Link whatever you're trying to learn with what you already know.
2. Intend to remember when you learn.
3. Use mnemonics that work for you.
4. Colors, shapes, placement and pictures are important to your memory.
5. Get past short-term memory and learn for long-term memory.
6. Make your memorizing methods organized.
7. Be smart --- work with your memory and not against it.
8. Make remembering a habit.
9. Clarify, categorize, organize and review information for better memory.
10. Break up material in small units and review daily.

IN REVIEW

I. WHEN TO REVIEW

- A. Review after class to reinforce short-term memory.
- B. Review that evening just before going to sleep (use the subconscious to continue processing information and aid long-term memory).
- C. Review while editing your notes (within 24 hours)
- D. Review each day thereafter for 10 minutes each time.
- E. Review again in one month --- immediately before going to sleep.
- F. Continually quiz yourself and try to relate previously learned materials to current studies.

II. USE WHAT YOU REMEMBER

- A. Apply the information.
 - 1. Continually relate the new information with the known information.
 - 2. If a portion of the information gets blocked from recall, retrieving associated material will often unblock the wanted information.

IN REVIEW *continued*

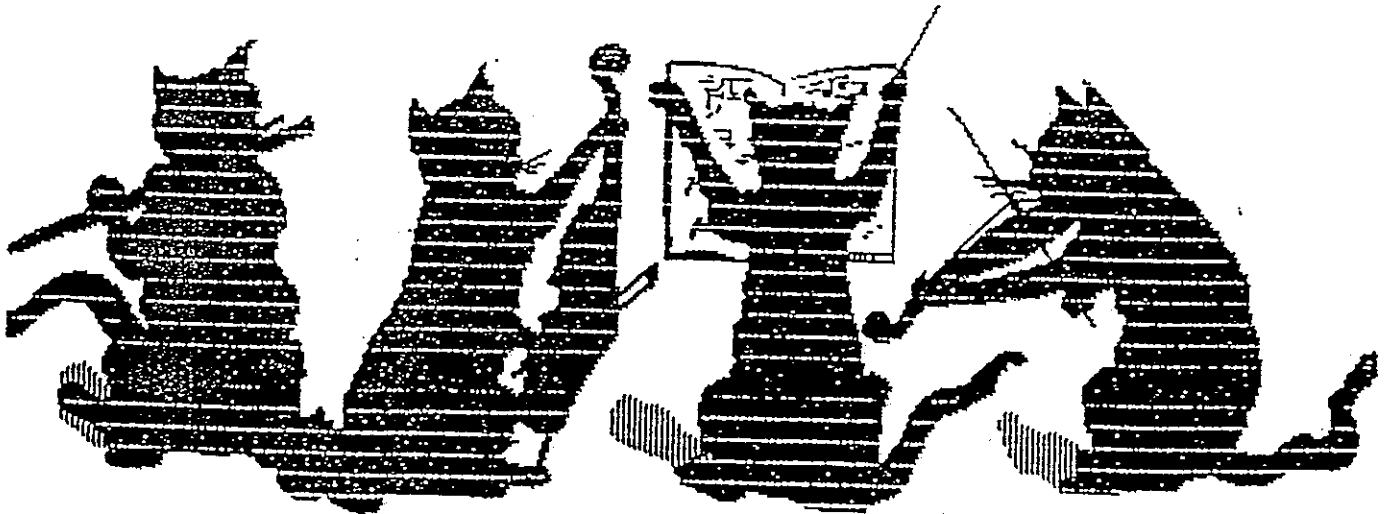
III. "OVERLEARN" THE MATERIAL

- A. Continue to review after you know the information.
- B. Use the buddy system --- find another student in your class with whom to discuss the material.

IV. REWARD YOURSELF

- A. Compliment yourself on a job well-done.
- B. Learn to trust your memory --- it is your best resource.

MAKE REMEMBERING A HABIT.....



PRACTICE!