Memory Tips

**Stop, look and listen.** When you want to consciously remember something, say it aloud. Make a mental picture along with your words to help store it in long term memory. You may even want to say aloud- “I will remember…”

**To store information in long term memory it must be rehearsed.** Repeat the items you want to recall several times. As you do this, look up and place them on a mental blackboard.

**Chunk the information.** (The process of chunking is where the brain perceives several items of information as a single item. Elephant is composed of eight letters, but the brain sees it as one item of information. Pattern chunking is finding patterns to be remembered---241941511776. Longer lists are more easily recalled if they are divided into chunks of information. For example, your shopping list of 12 items can be recalled if you chunk it down into groups of three items each. Along with the chunking, use a mnemonic device like using the first letter of each of the words and then saying aloud-“m.e.b.”—milk, eggs, butter.

**Use visual location clues.** Perhaps you want to remember to call your friend when you get home. While you are still at school, before you get home, picture a telephone on your front door and your friend smiling. That way, when you do get home, the exaggerated image will pop into your mind and you will remember to call your friend.

**Rhymes** always add the kind of interest and connections the brain likes to retrieve things. Silly songs do the same.

**Want to remember your secret codes and passwords?** Use the numbers on your telephone keypad to spell out the numbers you want to recall. For example, 4663 spells out home.

**For studying-use the P, Q, R, S, T or SQ3R system.**

**P stands for preview.** Look over the whole chapter or section of what you want to learn. Give your brain a mental mind map of what the material is about.
Q- Create questions about the material and give your brain a reason to make the material important. You will want to answer your own questions.

R- RE-read the material

S-Synthesize-Make a mind-map (concept map) of the material by drawing a circle in the center of a page with the main topic in it. Then draw other circles, squares or rectangles with related information connected to the circle with a line. Sometimes called brainstorming.

T- Test yourself by looking up to activate your visual cortex and recalling the map you drew.

SQ3R works just the same. Survey is pre-view, Q is Question, R is for read the material, R is for recite the material using a concept map with pictures, and R is for review just before the test. Again, look up and see the images which will trigger the words.

Use music when you study (without lyrics) to increase the brain pathways and your ability to recall the information.

Write down information you want to remember but add pictures with the words. Triple Tote Note….

<table>
<thead>
<tr>
<th>Vocabulary</th>
<th>Definition</th>
<th>Select a Mnemonic that will help you remember, either a picture, silly phrase, song….etc.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gato (Spanish)</td>
<td>CAT</td>
<td>Draw a picture of a fat cat on top of a “gate”</td>
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</table>