

# TEN STRATEGIES TO IMPROVE MEMORY

Decide you **CAN** and **WILL** remember. Be positive. Relax.

Then choose one or more of the following memory strategies:

1. Count the items or facts to be memorized.

2. Look for patterns and relationships.

3. Group or categorize information.

- List-Group-Label
- Make a mind map and label each group.
- Learn classification systems in particular subjects.  
e.g. Biology organizes animals in terms of genus and species.  
Chemistry uses the Periodic Table to group elements

4. Visualize the Information. Make a Mental Picture.

- Create a picture or a video in your mind.
- Close your eyes. Picture the steps in a process.
- Make a flow-chart.

5. Recite/rehearse (solo)

- Say the information aloud to yourself.
- Chant, develop a rhyme or jingle.
- Use as many senses as possible when reciting.
- Quiz yourself using cue words and questions.
- Tape questions and answers for likely test questions.

6. Teach Someone

- Do Reciprocal Teaching.
- Explain the information to a study partner or parent.
- Give a mini review lesson to a study group.
- Have someone give you feedback on the gaps in your mini-lesson.

7. Make Associations

- Complete the sentence: It's like \_\_\_\_\_.
- Think of new examples from your own life.
- Make unusual associations.

8. Use Acronyms

- Use a noun to cue key words.  
e.g. H.O.M.E.S.= Huron, Ontario, Michigan, Erie, Superior

9. Develop Acrostics

- Make a sentence to cue words or letters.  
e.g. Every good boy deserves fudge. (e,g,b,d,f)  
Auntie Carol eats grapes. (a,c,e,g)

10. Apply what you learn. Make connections to other subjects.

- Make an effort to think of practical applications to your present life or future career.
- Make connections to other texts you have heard, read or viewed.
- Get excited about your material! It will be easier to remember.
- "Love what you learn. Learn what you love".

(adapted in the ELA FFI document)

# Organization of Information

## Memory Test 1-Groceries

**Directions:** Try to recall as many items as possible in one minute. Think of how you recalled the items. Look for a pattern in your own list.

**STRAWBERRIES**

**CORN**

**MILK (WHITE)**

**TOMATOES**

**HAMBURGER BUNS**

**CHEERIOS**

**MILK (CHOCOLATE)**

**ORANGE**

**BREAD (WHITE)**

**APPLE JUICE**

**RICE KRISPIES**

**APPLES**

**ICE CREAM**

**SQUASH**

**ORANGE JUICE**

**BANANAS**

**BREAD (WHEAT)**

**POTATOES**

**GARLIC SAUSAGE**

**HAMBURGER MEAT**