

How Can I Remember?



Memory Kit

Implement Memory Strategies



Lively Minds Institute

How Can I Remember

Have you ever needed to remember a list of words, but you weren't sure how to memorize them? Have you ever struggled to remember what the teacher said for an important exam?

Understanding memory strategies and knowing when to use them is an important part of learning. You need to be able to store and retrieve information from your brain in an effective way. On the following pages, think about the different memory strategies and situations when you have used them. Are there any that you have never used before? Then think about times when you are required to remember information and choose a strategy that you think would help the most. Try them out and see which ones work best for you.

Memory Strategies

Think of a time that you had a hard time remembering something. Check off the strategies you could use in the future, and try them the next time you need to memorize information!



Repeat, Rephrase, Explain

Repeat the information as-is, rephrase it in your own words, then explain what it is. This helps your brain process and remember what you need to memorize.



Write It Down

Writing down the things you need to finish, remember, or memorize can be especially helpful if you tend to forget things easily.



Listen for Words

When someone explains a concept, listen for key words and focus on them rather than trying to remember everything at once.



Mnemonic Devices

Use strategies to help change information into forms that your brain can understand, like making it into a song or an acronym.

Mnemonic Devices

Mnemonic devices are strategies we use to translate information into forms that our brain can remember easier. The strategies below are examples of mnemonic devices you can try.



Rhymes

30 days hath September, April June and November. All the rest have 31, except February my dear son. It has 28 and that is fine, but in leap year it has 29

Acronyms

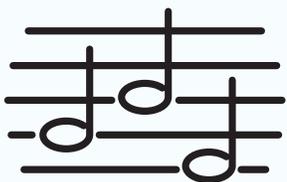
H.O.M.E.S is a great example of an acronym. An acronym is a string of letters that stand for full words. H.O.M.E.S. stands for the names of the great lakes:

Huron Ontario Michigan Erie Superior



Names

ROY G BIV for the colors of the rainbow (red orange, yellow, green, blue, indigo, violet) is a good example of a name mnemonic device.



Music

- *The ABC song for the alphabet*
- *The skeleton song for the bones of the body*

What Strategy?

You will always need to use working memory in your life. Read the situations below and come up with a plan using the strategies given to you in this guide. How would you solve the issue?

Situation

You need to memorize the bones of the body.

You need to remember what assignments are due tomorrow.

You need to remember your lines in a play.

You need to remember what materials to bring home.

You need to remember all of your spelling words.

You need to remember to bring a permission slip to school.