



LEARNING & MEMORY STRATEGIES

INTERNAL – SELF-CUEING

- Combine modalities: “See it. Say it. Hear it. Write it. Do it.”
- Repeat and verify to ensure it is accurately heard.
- Use spaced rehearsal: ex. repeat after 5 min, 30 min, 1 hr, 4 hr, next day.
- Build associations or stories around the new information.
- Create a visual image: see it in your mind’s eye.
- Use “WH?” format to organize and recall long, new information heard, read, or even for speaking and writing: “Who, what, when, where, why and how?”

EXTERNAL – COMPENSATORY TECHNIQUES

- Organize and de-clutter your environment first. It helps to think better.
- Set up stations: standard places & standard procedures for doing daily tasks.
- Use a planner: traditional or electronic.
- Hang a central calendar or white board for all family members to write on
- Post a grocery list for all to add to. Explore apps.
- Follow checklists strategically placed (by the door, in kitchen or bathroom).
- Use a pill organizer: set alarm through meds watch or phone apps.
- Use personal electronic devices: smart phones, tablets, smart pens.
- Use them fully: calendar, notes, tasks, contacts, camera, voice recorder.