

MEMORY STRATEGIES I

To learn and recall new information, it is important to selectively attend to it, rehearse it, then elaborate on it. This “depth of processing” allows for you to transfer the new information into “storage”. Specific techniques include:

1. Notetaking - write it down - Planner
 - Recorder
 - PDA or Smartphone

2. Rehearsal - say it again - silently
 - aloud

3. Reorganize it - “chunk” information into thematic or manageable units
Example: use “clumping” strategy with numbers - 369-4283 vs. 3694283 or 369-42-83

4. Association - link with the familiar: pair new information with previous experiences
 - create unusual and bizarre links
 - categorize/classify
 - build a story - be creative
 - relate to significant contacts/situations
 - formulate opinions

5. Visual Imagery - create a mental picture: the more detailed the better
 - “draw” the person in your mind
 - “write” the words in your mind
 - reconstruct the situation
 - create vivid, novel, action-based mental pictures