

Memory



Memory is a very complicated process and one that is very important for all learning. During the child's school years the pressure on memory intensifies as children have to recognize words on a page (sight vocabulary), remember the correct spelling of words, remember facts about social studies and much more!

Top 10 Memory Strategies:

1. When students hear information in class, they can repeat it back to themselves in their head or by whispering softly to themselves. It is best to put what has been said into their own words and to summarize the information.
2. When students hear information in class, they can form a picture about this information in their mind's eye.
3. Elaborate on new information: discuss it, talk about how it connects to other learning. Ask the student: "What does this stuff fit with? What does it remind you of?"
4. To help students remember what you have said, slow down and announce that you are going to say something that is important to remember.
5. Repeat the information often, talking about the same thing in many different ways.
6. Give shorter instructions. Ask the student to repeat the information back to you to make sure that they understood what it is you want them to do.
7. When reading, ask the student to underline key points in each sentence and to go over the key points at the end of each paragraph to help the student remember what they are reading.
8. Make maps, tables, charts and diagrams about the information that the student is trying to learn.
9. Ask the student: How are you going to remember this? And then come up with a plan to help the student remember the information.
10. Practice, practice, practice! Parts of the task need to become automatic to free up space in the student's memory. For example, when learning cursive, remembering letter formation takes a lot of effort leaving little room for thinking about spelling or story ideas.