

The following are examples of techniques you can use to memorize important information.

When to Use It:	Technique:	Example:
For information involving key words	Acronym - an invented combination of letters with each letter acting as a cue to an idea you need to remember.	HOMES for the Great Lakes - Huron, Ontario, Michigan, Erie, Superior
For information involving key words	Acrostic - an invented sentence where the first letter of each word is a cue to an idea you need to remember.	EVERY GOOD BOY DESERVES FUN is an acrostic to remember the order of the G-clef notes on sheet music-- E,G,B,D,F.
For ordered or unordered lists	<p>“Memory Pegs”/Rhyme Keys- a 2-step memory process: <i>**SEE attached page with memory pictures or make up rhyming words.</i> Memorize key words that can be associated with numbers (Ex: “one-sun”) for the number of items on list; Create an image of the items you need to remember with the key words. (Ex: “The sun will remind me that I have a game on Sunday.”) <i>*The zanier & more vivid the connection/image you make, the easier it can be to remember!</i></p>	<p>Weekly schedule:</p> <ol style="list-style-type: none"> 1. “One—Sun” = baseball game on Sunday 2. “Two—Eyes” = I’m going to “see” a friend Tues 3. “Three—Triangle” I have a dentist appt at 3pm 4. “Four—Square” = Bring the (square box) to post office by Friday 5.
For approximately twenty items	Loci Method - Imagine placing the items you want to remember in specific locations in a room/area with which you are familiar. Imagine yourself looking/walking around the room/house/yard as you “look” at the items to be memorized.	To remember presidents : Place a dollar bill (George Washington) on the door. Walk into the room and see Jefferson reclining on a sofa and Nixon eating out of the refrigerator.
For foreign language vocabulary	Keyword Method - Select the foreign words you need to remember, then identify an English word that sounds like the foreign one. Now imagine an image that involves the key word with the English meaning of the foreign word.	In Spanish, the word " cabina " means phone booth. Invent an image of a cab trying to fit in a phone booth. When you see the word "cabina," you should be able to recall this image and thereby retrieve the meaning "phone booth."
For remembering names	Image-Name Technique - Use name to address them, use name again within a minute, invent a relationship between the name and characteristic/attribute of the person.	Shirley Temple - her curly (rhymes with "Shirley") hair around her temples. New acquaintance: “Hi <u>Frank</u> , I’m Jesse...so what do you like to do, <u>Frank</u> ?”...(Frank likes to fish from the <u>bank</u> .)
For ordered or unordered lists	Chaining - Create a story where each word or idea you have to remember will cue the next idea you need to recall.	Napoleon, ear, door, Germany Story: Napoleon had his ear to the door to listen to the Germans in his beer cellar.
For Numbers	Chunking & Organization - Break down larger pieces of information into smaller, organized “chunks” of more easily-managed information.	Phone #s - 10 digits broken into 3 chunks, since short-term human memory is limited to approximately 7 items of information, placing larger quantities of information into smaller containers helps our brains remember more, more easily.