Memory Strategies

Directions: Print and cut apart. I give these to students with memory difficulties. I have them tape it inside their daily planners for reference.

Created by: MKH, District 45
Memory Strategies

1. Write down important information or words
2. Highlight the important information/words you want to remember
3. Repeat to yourself
4. Picture it in your head-VISUALIZE!
5. Make an association-Think of something that reminds you of what you are trying to remember

Memory Strategies

1. Write down important information or words
2. Highlight the important information/words you want to remember
3. Repeat to yourself
4. Picture it in your head-VISUALIZE!
5. Make an association-Think of something that reminds you of what you are trying to remember

Memory Strategies

1. Write down important information or words
2. Highlight the important information/words you want to remember
3. Repeat to yourself
4. Picture it in your head-VISUALIZE!
5. Make an association-Think of something that reminds you of what you are trying to remember

Memory Strategies

1. Write down important information or words
2. Highlight the important information/words you want to remember
3. Repeat to yourself
4. Picture it in your head-VISUALIZE!
5. Make an association-Think of something that reminds you of what you are trying to remember