

# Memory Strategies

## Internal Memory Strategies:

- PREPARE yourself to pay attention
- REHEARSAL: Mentally repeat information over and over.
- VISUALIZATION: Make a mental picture of information.
- ASSOCIATION: Mentally associate new information with something familiar.
- REGROUPING: Organize long lists of information by category.
- FIRST LETTER MNEMONICS:
- LISTEN FOR THE MAIN IDEA: who, what, when, where, why, how, what's next
- CHUNKING: Group digits of numbers into chunks (ex. 466-37-11)  
Break sentences and instructions down by ideas. (ex. Physical therapy / will be at 3:00 / instead of 1:30 / because I have a meeting).
- CHAINING: Recall 3-4 words by linking them together in a sentence.

## External Memory Strategies:

- NOTETAKING:
- TAPE RECORDING: Can use to record someone giving length information such as a lecture, verbal instructions, or directions.
- MEMORY BOOK / DAY PLANNER: To record up-coming appointments and events.
- WATCH ALARMS: Use as a reminder to take medications or check daily schedule.