

Memory Strategies

These strategies help you think about what you want to remember on a deeper level. That way it is more likely to stick.

Try these strategies the next time you want to remember something. You might find that one or two work better than others.

1. Pay Attention

Devote your full focus to what you want to remember. Reduce distractions (noises, lights, movement, etc.) to help you focus.

2. Repeat it multiple times

Repeat the information at least 3 times. It is best to repeat it in the same way every time.

Ex. “Apples, butter, and milk. Apples, butter, milk. Apples, butter, milk.”

3. Link the information together

Find ways to associate the information – to itself or to something familiar to you.

Ex. Apples, butter, and milk can make an apple pudding or bread.

Ex. Apples are my favorite fruit. Butter goes on corn on the cob. Milk goes with my favorite cereal – Lucky Charms.

4. Visualize – the sillier the better

Some people are able to picture things in their mind. Try to visually imagine what you want to remember.

Ex. I see myself at the store grabbing apples, butter, and milk.

Ex. I see apples coated in a thick layer of butter rolling around in a bowl of milk.

5. Group/Chunk like items together

If you have more than 6 things to remember, group them based on similarities between them.

Ex. Apples, tomatoes, and ketchup (all red food). Butter, milk, and ice cream (all dairy).