

Title:

15 Strategies For Enhancing Memory

Word Count:

1095

Summary:

The following strategies are offered to help students develop a more efficient and effective m

1. Take the mystery away.

The first and perhaps most important strategy is to insure that all students understand how me

2. Give directions i...

Keywords:

memory, student, teaching, strategies, learning, problems, learning, disability

Article Body:

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1. Take the mystery away.

The first and perhaps most important strategy is to insure that all students understand how me

2. Give directions in multiple formats.

Students benefit from being given directions in both visual and verbal formats. In addition, t

3. Teach students to over-learn material.

Students should be taught the necessity of "over-learning" new information. Often they practic

4. Teach students to use visual images and other memory strategies.

Another memory strategy that makes use of a cue is one called word substitution. The substitut

5. Give teacher-prepared handouts prior to class lectures.

Class lectures and series of oral directions should be reinforced by teacher-prepared handouts

6. Teach students to be active readers.

To enhance short-term memory registration and/or working memory when reading, students should

7. Write down steps in math problems.

Students who have a weakness in working memory should not rely on mental computations when sol

8. Provide retrieval practice for students.

Research has shown that long-term memory is enhanced when students engage in retrieval practic

9. Help students develop cues when storing information.

According to the memory research, information is easier retrieved when it is stored using a cu

10. Prime the memory prior to teaching and learning activities.

Cues that prepare students for the task to be presented are helpful. This is often referred to

11. Use Post-Its.

The use of Post-Its for jotting down information can be helpful for students who have short-te

12. Activate prior knowledge.

In order to enhance the likelihood that students will elaborate on new incoming information, t

13. Give extended time.

If students have difficulty with the speed of retrieving information from memory, they should

14. Use multisensory methods.

When learners, both young and old, experience something through multiple senses, they are much

15. Review material before going to sleep.

It should be helpful for students to review material right before going to sleep at night. Res

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