

MEMORY TOOLS

This handout is a quick reference for some memory tools we discussed. Try to practice at least one throughout your day. The more silly, funny, personal, or embarrassing – the more likely you are to remember!

1. Association – relating something new to something you already know. Or something unfamiliar with something familiar to you. Example – new PIN (0317) to cat’s birthday: March 17th.

Is there something new in your environment that you can associate with something you already know? Try it!

2. Mental Rehearsal – repeat information in mind or out loud.

Draw a card when you wake up for the day. Set it under your pillow. Rehearse the number/suit throughout the day. Check the card before bed.

3. Imagery – create a mental image of what you want to remember.

Picture a basketball (round shape, brownish orange color, leather smell, sound of it bouncing, etc.) Pick an item to visualize.

4. Categorization – group information into meaningful groups.

Grocery list – dairy, produce, meat, etc. Try to group items that you currently need from the store.

5. Landmarks – imagine placing items you want to remember in specific, familiar places.

Need to remember your entree for the dinner party? Imagine it tipping over in your front seat.