

Memory Tips for All Ages

- ◆ Giving new material a meaningful form
- ◆ Using a different sense to practice remembering
- ◆ Organizing: seeing patterns; putting words in categories
- ◆ Rehearsing
- ◆ Elaborating
- ◆ Using visual memory or imagery, strategies
- ◆ Associating material with something already known
- ◆ Understanding connections between events

