

Memory Strategies

Directions: Print and cut apart. I give these to students with memory difficulties. I have them tape it inside their daily planners for reference.

Created by: MKH, District 45

Memory Strategies

1. **Write down** important information or words
2. **Highlight** the important information/words you want to remember
3. **Repeat** to yourself
4. **Picture it** in your head-VISUALIZE!
5. Make an **association**-Think of something that reminds you of what you are trying to remember

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