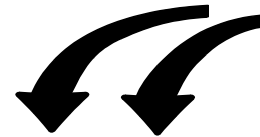


# Memory Strategies

1. **Visualization (Picture it in your head):** This is good for remembering details in a story or a list of items. Also, making pictures for new vocabulary words helps you to remember them.



2. **Repetition (Repeat it over and over!):** This is good for remembering a list of words or numbers (like telephone numbers).



3. **Writing down key words:** This is what you do when you are taking notes. You can also use this to write down directions. This may help you remember what you heard or read if you write down important details.



4. **Association:** This is like making a connection when you read. If you think about something that reminds you of something else then you can remember it more easily. For example, I can remember her name is Wendy because she has red hair like the girl from Wendy's.



5. **Chunking:** This is putting words or numbers in groups so that our brain can remember the whole group. This helps with a list of items or a group of new vocabulary words. You can put words in groups because they have something in common, for example to remember my grocery list I can remember that I have four yellow things to buy-bananas, lemons, mustard and corn.

