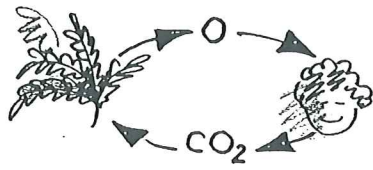
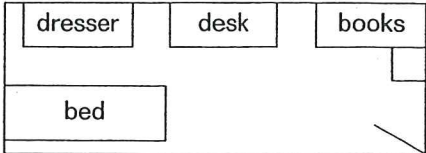
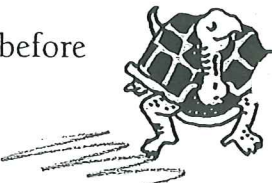


# MNEMONICS/STRATEGIES FOR IMPROVING MEMORY

STRATEGY	DEFINITION	EXAMPLE
<p style="text-align: center;"><b>Mind Map</b></p>	<p>Organize mental maps from known information, then fill in missing information (details, main ideas, categories/parts, diagram labels)</p>	<pre>           government                   president  congress  supreme                    / \                          /   \                        /     \                      /       \                    /         \                  /           \                 Lincoln  Senate House Chase           </pre>
<p style="text-align: center;"><b>Visual Chains</b></p>	<p>A visual cycle of pictures and/or words (cause/effect, linking systems, sequencing)</p>	
<p style="text-align: center;"><b>Acronyms</b></p>	<p>Let the first letter of each word in a sentence represent the first letter of the words/list you wish to memorize (lists, sequencing)</p>	<pre>     H   O   M   E   S     u   n   i   r   u     r   t   c   i   p     e   a   h   e   p     e   r   i   g   i     o   a   n   o   r     n           </pre>
<p style="text-align: center;"><b>Word Links</b></p>	<p>Use the meaning of one word to associate with another (definitions, pairs)</p>	<p>The capital of Oregon is Salem. (Think: There are many sailboats in Oregon because it's on the ocean. What do you do with these boats? "Sail 'em.")</p>
<p style="text-align: center;"><b>Poems, Rhymes, Nonsense Verses, Lyrics</b></p>	<p>Using a familiar tune, substitute information to be learned (details, sequencing)</p>	<p>"Mary Had a Little Lamb" "The ABC Song" "In 1492, Columbus sailed the ocean blue."</p>

# MNEMONICS/STRATEGIES FOR IMPROVING MEMORY (continued)

STRATEGY	DEFINITION	EXAMPLE
<p style="text-align: center;"><b>Take-a-Trip</b></p>	<p>Visualize familiar objects around a room and attach some information/word with each object (lists)</p>	
<p style="text-align: center;"><b>Acrostics</b></p>	<p>Make up a sentence using the first letter of each word (sequencing, lists)</p>	<p style="text-align: center;"> <b>F</b>ine  <b>D</b>oes  <b>B</b>oy  <b>G</b>ood  <b>E</b>very                      (musical scale)                 </p>
<p style="text-align: center;"><b>Picture Objects</b></p>	<p>Using a familiar object, associate information around it (lists, details)</p>	<p>Picture your finger. To learn prepositions, think of the action involved (around, to, from, etc.).</p>
<p style="text-align: center;"><b>Hook-Ups</b></p>	<p>Using one word or series of letters, "hook up" information beginning with the same letter (details, categories/parts, lists)</p>	<p> <b>N</b> ———┬── New Mexico                    ├── North Carolina                    └── Nevada    <b>A</b> ———┬── Alabama                    ├── Alaska                    └── Arkansas    <b>T</b> ———┬── Texas                    └── Tennessee                 </p>
<p style="text-align: center;"><b>Make a Tape</b></p>	<p>Make a tape recording of information to be learned (vocabulary, spelling, lists, foreign languages, sequences, almost anything)</p>	<p>Play it repeatedly over several days. Play it just before sleeping at night.</p>
<p style="text-align: center;"><b>Write It!</b></p>	<p>Write it repeatedly and say it aloud as you write (almost anything)</p>	<p>Write it just before you go to sleep.</p> 

**STRATEGY****DEFINITION****EXAMPLE****Numbers**

Write the numbers to be remembered (sequences)

Notice a special sequence and associate it with some familiar date.

(birthday)

2     17     04  
mo.   day   year

**Poetry**

The best way to remember poetry is to break it into small, meaningful sections (detail, sequencing)

Remember the story.  
Practice the meter/rhythm.

**Sayings**

Link information with a famous saying and substitute words (details)

A penny saved is . . .

No pencil is as sharp as . . .

**Mental Pictures**

Visualize how you see or expect to see a total picture (diagrams)

Close your eyes and visualize an X-ray view of the skeleton from the head down.

**Create an Experience**

Mentally and visually create/recall an experience and link information to be learned with what you do (sequences, details)

Imagine yourself making cookies, building a bookshelf, etc., step-by-step. Plug information to be learned into each step.



# STRATEGIES TO STOP TEST ANXIETY

## 1. Stop Yourself

When you first have any negative thought, immediately begin positive “self-talk.” This is the way in which you communicate with yourself “inside your head.” Interrupt the continuous thoughts of worry by giving yourself permission to be concerned as you channel your energy into doing something to help yourself. Once you have admitted that you are anxious, accept it and continue trying to improve the situation. This focuses your attention on a positive action rather than on negative worry.

## 2. Plan Your Attack

Use some of these strategies as alternatives to non-productive anxiety and worry. Be sure to try each strategy. You have everything to gain. Once you find several strategies that work for you, you can rely on them with great trust. Just knowing that you are in control of the situation (and can handle your feelings) will allow you to perform much better during the test. Practice these at your desk or at home often. You will need these to break your anxiety during a test, so using them at home in the “study” environment will help you to recall them better.

**Visualize**            about somewhere you really enjoy being—the seashore, the mountains, etc. Literally close your eyes and put yourself there.

**Daydream**            about something you especially enjoy—a hobby, sport, vacation, certain location or time, someone special, etc. Make it a vivid dream with warm, comfortable surroundings. Or, try thinking about nothing and letting your mind wander.

**Make Up**              a story about anything preposterous. Blow it “up and out of reality”—exaggerate! Imagine the worst thing that could happen to you if you did poorly on the test. Make it funny and very unrealistic. Soon you will be laughing at yourself.

