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| **Tips for Remembering** |  |  |
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| No Magic Memory Pills  Remembering is a tricky business.  We can remember some things easily yet cannot seem to remember other things.  We remember some things throughout our lives, while others things seem to come in one door in our mind and go out the other.   There is no "magic pill" for remembering.  **But here are some tips that can help.**   1. Try to understand the information you must remember.  Understanding the information will allow you to relate the information you must remember to what you already know. 2. Try to form an association between the information you must remember and a person, place, object, situation, or emotion. 3. Frequently recite the information you must remember or write it several times. 4. If you must remember a large body of information, try to break the information into smaller, more manageable categories.  Then work on remembering the information in each category separately. 5. Create a graphic organizer for the information you must remember.  It is easier to remember information that is organized than to remember information that seems to be all over the place. 6. Try to bring a personal touch to the information you must remember.  Relating the information to something about you will make it easier to remember. 7. Try to form a picture in your mind of the information you must remember.  Visual imagery is a powerful tool for remembering. 8. Try to apply what you must remember. For example, if you are trying to remember the meanings of some new vocabulary words, use the words in your speaking and writing. 9. Test yourself.  A good way to do this is to write a question about the information you must remember on the front side of an index card and the answer to the question on the back. Use as many cards as you need.  Look at the questions, try to answer them, and then check to see how you did. 10. Try to make remembering a fun activity by creating games using the information you must remember.   **Remembering is not just something you must do in school.  It is something you must do in all aspects of your life.** | | |

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| **Using Pegwords to Remember Information** |

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| Using Pegwords to Remember Information, Writing Child  The **pegwords** strategy is a good strategy to use when you must remember a number of things such as five reasons we should conserve energy. Pegwords are words that rhyme with number words. Each pegword is substituted for a number word and is then associated with the information to be remembered.  You can use any word as a pegword as long as it rhymes with a number word. Below are suggested pegwords for the number words one through ten. You can substitute your own number words. Nouns and verbs are best to use as pegwords because they are easy to associate with information to be remembered.   |  |  | | --- | --- | | **Number Word** | **Pegword** | | one | run | | two | shoe | | three | tree | | four | door | | five | dive | | six | fix | | seven | heaven | | eight | gate | | nine | sign | | ten | hen |   Here are the steps to follow to use the pegwords strategy.   1. Think of the first piece of information to be remembered. 2. Think of the pegword for the number word *one*. The pegword for *one* is *run*. 3. Form an association in your mind between the pegword *one* and the first piece of information to be remembered. Create a picture in your mind of this association. 4. Repeat steps 1-3 for each additional piece of information to be remembered. Use the pegword *shoe* for the second piece of information, *tree* for the third piece of information, and so on.   Using Pegwords to Remember Information, Forest  Here is an example of how the pegwords strategy can be used to remember three important reasons for preserving forests.  **1. Forests provide food for animals.** The pegword for one is run. You could create a picture in your mind of a rabbit running to a bowl of food. Later, when you try to recall the reasons for preserving forests, the number word one will trigger the pegword run, and you will recall the picture of a rabbit running toward a bowl of food. You will thereby remember that one reason for preserving forests is that forests provide food for animals.  **2. Forests provide shelter for animals.** (two/shoe). You could create a picture in your mind of a chipmunk living in a shoe.  **3. Forests provide lumber that is used to build homes for people.** (three/tree). You could create a picture in your mind of stacks of lumber lying on the ground next to a partially built house.  **The pegwords strategy lets you use your imagination to remember information.** |

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| **Using Acronyms to Remember Information** |
| Using Acronyms to Remember Information, Pen and BookForming an acronym is a good strategy to use to remember information in any order. An acronym is a word that is formed from the first letter of each fact to be remembered. It can be a real word or a nonsense word you are able to pronounce.  **Here is how to form an acronym.**   * **Write the facts you need to remember.** * **Underline the first letter of each fact.** If there is more than one word in a fact, underline the first letter of only the first word in the fact. * **Arrange the underlined letters to form an acronym that is a real word or a nonsense word you can pronounce.**   Using Acronyms to Remember Information, House  "HOMES" is an example of an acronym that is a real word you can use to remember the names of the five Great Lakes: Michigan, Erie, Superior, Ontario, Huron: In HOMES, H is the first letter of Huron and helps you remember that name; O is the first letter of Ontario, and so on.  "Telk" is an acronym that can be used to remember the following animals: tiger, lion, elephant, kangaroo. "Telk" is not a real word, but you can easily pronounce it. You could also have used "kelt" as an acronym. Notice that in this example, you cannot form a real word using the first letter of each fact to be remembered.  Sometimes two or more of the facts you must remember each begin with the same first letter. For example, the acronym "capp" can be used to remember the following fruits: pear, apple, peach, cherry. You can use the first letter "p" in the acronym to remember either "pear" or "peach" and the second letter "p" to remember the other.  **Use the acronym strategy as a way to remember information.** |