

## Memory & Learning

### **REMINDER**



- ✚ INTEND TO REMEMBER .... pay attention
- ✚ UNDERSTAND what you are trying to learn
- ✚ LINK new knowledge to things you already know
- ✚ USE YOUR SENSES.....be multi-sensory in your learning

a) LOOK 

b) LISTEN 

c) TOUCH 

d) WRITE 

e) DRAW 

- ✚ PRACTISE RECALL.....practise using your knowledge
  - ✚ BE INTERESTED..... try & find some aspect of the subject interesting
  - ✚ FIND A REASON for remembering
  - ✚ USE TRICKS
- a) Mnemonics
  - b) Imagine a location & picture the things you need to remember