

More Tips to Improve Memory

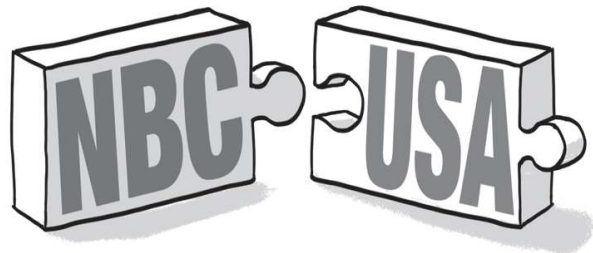
(Short-Term and
Long-Term Memory)

Short-term memory

Short-term memory is the space that you have to hold information for a short time. You can think of it as like a holding zone—you won't keep the information in your short-term memory for long, just long enough until you can transfer the information to a piece of paper, your computer, or even your long-term memory.

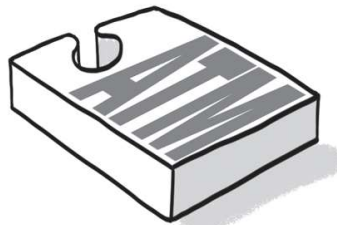
Quickly look at these letters and try to remember them:

NBCUSAATM



Now try it again:

NBC—USA—ATM



How Can I Remember All That?

Which time was easier?

TIP: Chunk it!

Chunking—or breaking up information into smaller sections—is a great way to remember more information.

ANOTHER TIP: Talk fast.

Research has found that when we say things quickly, we can remember more information.

Long-term memory

Long-term memory is when you have to keep information for a long period of time. Some of this information can be kept for years and years, like a memorable birthday, while other memories don't last more than a week. Think of long-term memory as like a library full of books. Some books get read more than others so it is easier to remember which shelf you left them on. With long-term memory, some experiences are better remembered than others because you think about them more. As we get older one of the first things to go is our

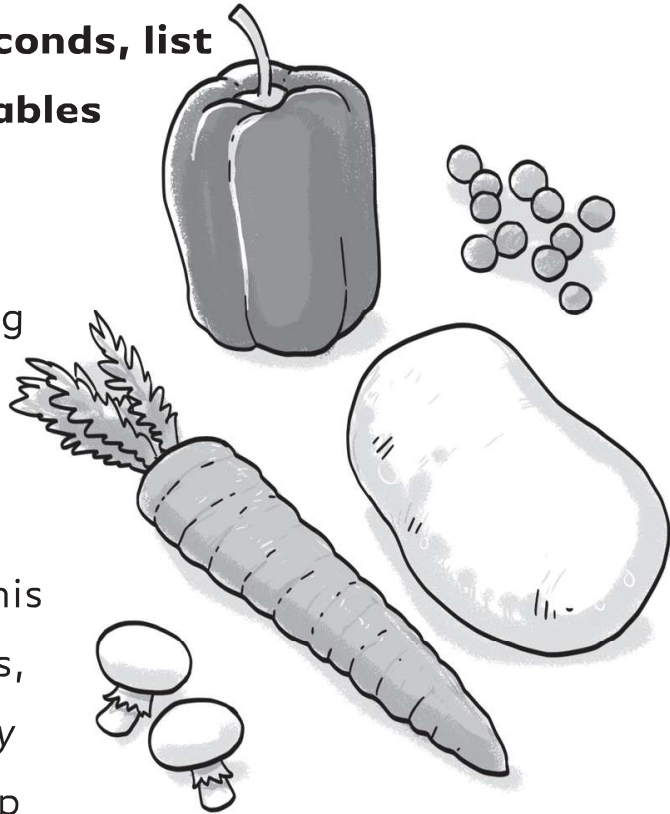
Tips to Improve Memory

long-term memory, but we can keep it sharp by keeping information relevant.

GAME: In 10 seconds, list as many vegetables as you can.

You can try this game with listing animals, colors, names, or other categories.

What does this do? These games, known as *fluency* games, help keep information organized in our brain (this is one of the first things to go in someone with Alzheimer's disease, which is a disease that causes memory loss and difficulties with thinking, problem-solving, or language).



Attention

Sometimes it can be hard to stay alert in the classroom.

ACTIVITY: Doodle! Grab a pencil and tap into your creative side.

Doodling can help you remember things and stay alert. When you doodle while the teacher is talking, it helps things stay in your head.

This “doodling effect” keeps your attention from drifting away—so that you still pay attention instead of daydreaming. Because doodling doesn’t require much focus or effort, you can still focus on what you need to do.

