

Thinking Strategies To help you Remember and Learn

Multiple Association

This is an excellent way to remember things. Multiple associations are multiple memories about a single object.

For example, the person has difficulty remembering people's names. The person tends to focus on the memory of the name; this is a poor strategy because then you will have only one memory trace that leads directly to the name. A better strategy is to remember something about that person- an associated memory, such as his wife's name, his job, and the color of his car. The many facts that you know about this person will be associated in your memory along with his name.

Attaching Emotion

To help you from forgetting things attach an emotion to the thought. For example, when your wife asks you to get three things from the grocery store and she tells you that this important, focus on how disappointed she will be if you forget.

Multiple Encoding

Encode your memories with more than just one of your five senses. This is something that we all commonly do. For example we tend to say the phone number aloud when we read them from the phone book. This gives us a visual and an auditory memory of the number. So if you want to remember something makes visual images of the things that you hear and make verbal notes about things that you see.

Chunking

This is where you break down the memories into bite size pieces. This is a smart memory strategy. Most people can recall about seven individual bits of memory at a time. That is why phone numbers are only seven digits long. So if you need to remember 14 names, learn 7 at a time.

Review

This is another strategy that works very well. When you see something five times you won't be only five times more likely to remember it but twenty times more likely. So if you are learning new information you should be concerned not just how hard you study but how often.

Conscious Forgetting

It is wise to consciously forget trivial details, because they clutter the mind.

The working memory seems to have a shortage of shelf space. Try writing things down so that you can forget about them until you need to remember them. Use reminder notes, make lists, and keep schedules. If your mind is uncluttered by the daily details you will be amazed at how much clearer you will be.

Concentration

Concentration is very important for efficient thinking and memory. If you cannot concentrate on information, you probably won't remember it.

To some extent concentration is a result of willpower. You must make an effort to concentrate. You must try to keep other thoughts from breaking your concentration. You must learn how to avoid interruptions.

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