TECHNIQUES FOR MEMORY RETENTION

➢ ACOUSTICAL LINKS:
  ▪ Definition: Linking new learning with substitute words that sound alike.
  ▪ Effective for remembering the following:
    ▪ vocabulary words
    ▪ foreign languages
    ▪ names
    ▪ dates and events
    ▪ matching items (for a test)
  ▪ Examples:
    ▪ Crabs are crustaceans. Picture a crab eating, holding, or walking on a crust of bread.
    ▪ Barrister means lawyer, and sounds like "bear." Picture a bear in a suit acting like a lawyer.

➢ ACRONYM LINKS:
  ▪ Definition: using first letter of list to form a word, sentence, or phrase.
  ▪ Effective for remembering the following:
    ▪ lists of people, places, or things
    ▪ things or steps in a sequence, formulae
  ▪ Example:
    ▪ Roy G. Biv - the colors in the rainbow (red, orange, yellow, green, blue, indigo, violet)
    ▪ Every good boy does fine - musical notes on scale - EGBDF
    ▪ HOMES - Great Lakes (Huron, Ontario, Michigan, Erie, Superior)

➢ RHYMING LINKS:
  ▪ Definition: Using rhyming "peg" words to remember a list of up to ten items.
  ▪ Effective for remembering the following:
    ▪ lists of people, places, or things
    ▪ things or steps in a sequence
  ▪ Examples:
    ▪ one-bun (associate first item on list with bun)
    ▪ two-shoe (associate second item on list with shoe), etc.
POEM & SONG LINKS:

- Definition: Creating a rhyme, poem, or song to associate with new material to be learned
- Effective for remembering the following:
  - rules
  - theorems
- Examples:
  - "i" before "e" except after "c"...
  - when two vowels go walking, the first one does the talking
  - 30 days hath September, April, June, and November...
  - artery begins with "a," from the heart it takes blood away
  - vein has at its end and "n," it takes the blood back again

LOCATION LINKS (LOCI):

- Definition: Linking items to be remembered with specific locations in a room or with locations on a mental map
- Effective for remembering the following:
  - lists of people, places, or things
  - things or steps in a sequence
  - dates and events
- Examples:
  - Make a mental map of some place very familiar, such as a bedroom, the classroom, the route taken to school. Items to be memorized are associated with certain landmarks in this map and recalled in that order.

<table>
<thead>
<tr>
<th>Objects in bedroom</th>
<th>List of things to do</th>
<th>Mental picture</th>
</tr>
</thead>
<tbody>
<tr>
<td>dresser</td>
<td>return book to library</td>
<td>dresser with books piled to ceiling</td>
</tr>
<tr>
<td>chair</td>
<td>buy birthday card</td>
<td>giant greeting card sitting in chair</td>
</tr>
<tr>
<td>desk</td>
<td>do homework</td>
<td>picture teacher sitting at desk scowling</td>
</tr>
</tbody>
</table>

Source: Pepperdine University. “Strategies to Improve Memory & Retention.”
http://www.pepperdine.edu/disabilityservices/students/tips/memstrat.htm