

Strategies for revision and retaining information.

Strategies to help information go in

Sometimes we forget something because it did not go in properly. This is a problem with encoding.



Repeat the information a few times.



Use different methods together. Say it out loud, write it down, draw a picture, take a photo.



Break the information into smaller chunks.



Link it with something you already know.

Strategies to help information stay

Sometimes we forget things because it was not stored properly.



Make reminders. Use a calendar, notice board, or post-it notes.



Set reminders on your phone, watch, or another device.



Follow the same routine each day.



Keep important things in one place.

Strategies to get information when you need it

Sometimes we forget something because we can't get it out easily. This is a problem with retrieval.



Use a memory cue to remember:

- a rhyme
- the first letter
- a picture



Put labels on things to remind you what they are.



Get people to write things down, send emails or letters so you can check later.



Set reminders on your phone, watch, or another device.