



MEMORY AIDS

Learning strategies that utilize a multisensory approach through the use of colours, visual pictures, songs, rhythms and rhymes capitalize on students' strengths. Typically, our brains tend to remember only information that forms a memorable pattern. Unfortunately, a lot of information is presented as words printed on a page. While writing is a rich and sophisticated medium for conveying complex arguments, our brains do not easily encode written information making it difficult to remember. Therefore, strategies which encourage the organization of information into clear patterns help students, specifically those with learning disabilities to store and retrieve information which otherwise would get jumbled due to processing difficulties.

Ideally memory aids will help students to form patterns which will make it easier for them to recall information.

They can be mind maps, rhymes, acronyms, abbreviations, acrostics or visual chains.

What Are Memory Aids?

- Memory aids are mnemonic strategies that provide a systematic approach for organizing and remembering information.



Example:
Never Eat Sour Watermelon

A student needs to remember the directions on a map but forgets the order. The pictures above would trigger a series of words which would then trigger north, south, east and west. The pocket watch would trigger the order on a compass.

Memory is a Complex Function:

- In order for someone to commit a piece of information to memory the brain must first receive input through one or more senses. The more the better!
- It then processes this information by sorting, categorizing and recognizing associations with existing memories (or knowledge), before storing it for later recall.
- To use this information later, the brain must then locate the stored information, organize it, prepare a response and then release the information (i.e. through speaking, writing or an action).

Who Typically Uses Memory Aids?

Making use of a few memorization techniques can help students compensate for their difficulty with memory in the testing environment.

- Students with learning disabilities who have significant deficits in memory have difficulty accessing stored information and may require recognition/memory aids.
- Students with medical disabilities (e.g. brain injury) where memory is affected may also require memory aids.

The order of planets in average distance from the Sun:

(Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus, Neptune, Pluto)

My Very Easy Method: Just Set Up Nine Planets.