

MEMORY – INFORMATION AND STRATEGIES

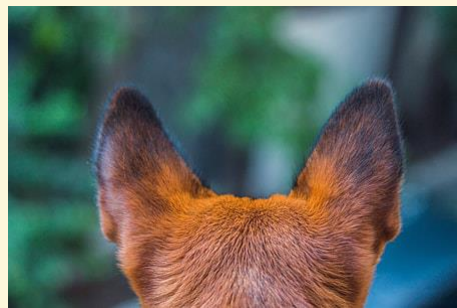
Stratford School
Information for Pupils

10.05.23

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HOW DO YOU REMEMBER?



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SHORT TERM VERBAL MEMORY

- This is your memory of what you have heard
- It only lasts for a few seconds
- If you don't do something about it, it is gone and you can't get it back
- It will be harder to learn sequences such as times tables, the alphabet, spellings
- It will be harder to remember instructions and explanations
- It will be harder to copy from the board
- There are likely to be difficulties with organisation; things will be easily lost, homework forgotten



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Activity:
Remembering a list of spoken items.

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SHORT TERM VISUAL MEMORY

- This is your memory of what you have seen (shape, orientation, other visual features and patterns of movement)
- It only lasts for a few seconds
- If you don't do something about it, it is gone and you can't get it back
- It will be harder to recall spellings, and words when reading.
- You might not realise that spellings are not correct.
- It will be harder to copy information from the board or from a book.
- You may not remember some in maths.

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Activity:
Remembering visual items.



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USE LONG TERM MEMORY:

Semantic memory

- Stored knowledge about the world – particularly **what we are interested in**
- New information is related to **what we already have stored** in semantic memory



Procedural memory

- **Lots of practice**
- Difficult to explain process easily
- Stable



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USE LONG TERM MEMORY:

Episodic Memory

- Routine, everyday information
- Specific events in recent past – minutes, hours, days
- **Fade rapidly unless they are unusual and become more autobiographical**



Autobiographical Memory

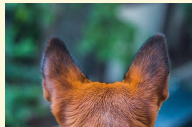
- **Personal** facts – information about family and friends, where we have lived, the school we went to etc
- **Significant** events (usually emotional)
- **Often reflected upon and discussed**



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MEMORY STRATEGIES



- Rehearsal / Repetition (saying over and over again)
- Chunking (putting facts in groups)
- Rhyme/rhythm/rap/song
- Use technology eg reminders and alerts on phone

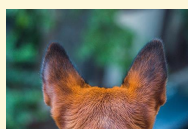


- Words in different colours/fonts
- Attach a visual, concrete image to abstract concepts
- Visualisation – objects in a room (sequences)

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MEMORY STRATEGIES



Visualisation – picture yourself doing something or act it out

Memory Pegs

Make up a silly story

Memory palace – use all the senses

Go for a walk while listening to revision notes

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The Number-Rhyme Peg system is perhaps the easiest peg memory system to learn. For each of the numbers from 1 to 10 (and even up to 20) you associate with each number a word that rhymes with that number. Most people find this very easy to do. Here is a version of the number-rhyme list.

1 Sun



5 Hive



9 Line



2 Shoe



6 Sticks



10 Hen



3 Tree



7 Devon



4 Door



8 Gate

