



(Continued)

Figure 2.7 Remember it! poster



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### **How does your memory work?**

1. You see or hear something.
2. If you concentrate, what you see or hear goes into your working memory.
3. Your working memory is very small and can only remember a few things for a few seconds.
4. When anything goes into your working memory it will go straight out again and be forgotten forever unless you concentrate and do at least one of these things.
  - a. Say it to yourself over and over again.
  - b. Draw a mind map.
  - c. Practise every day, make memory cards.
  - d. Think about it and make a link with something else that you know, use a mind map or graphic organiser.
  - e. Write a reminder in your notebook.
  - f. Draw a picture or diagram of it.
  - g. Take a brain break and try to remember it again.
  - h. Talk to your study buddy about it.
  - i. Teach someone else to do it.
  - j. Use a mnemonic.
5. If you have done these things enough, what you have seen or heard will go into your long term memory.
6. Your long term memory is like a lot of boxes. Each box has memories about certain things. You may have memories about your holidays, food, timetables and spellings in separate boxes. The more you learn the more boxes there are and the fuller they are!
7. When something is in your long term memory you will never forget it, but sometimes you might forget how to open the box.
8. If you open that box a lot, you will not forget how to open it! So try and remember important things every day, or more often.