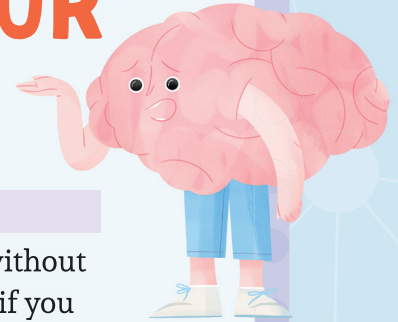


# TRICKS TO BOOST YOUR WORKING MEMORY



## MAKE A LIST.

Take a lesson from us older folks. I never go to the grocery store without my shopping list, because if I did, I know I'd forget something! So if you have a list of, say, stuff to do for homework, write it down. The simple act of writing helps your working memory. Having a list also helps reduce the stress associated with having to remember stuff. An added benefit is that crossing items off the list (for instance, once an assignment is completed) feels *amazing*!

## CHUNK IT UP.

Break information into chunks so it's easier to remember. Rather than remembering the 100 or so items on your bucket list, chunk items into groups. What places do you hope to visit? Who do you hope to meet? What good things do you want to contribute to the world? Chunks are easier to remember than individual items.

## SAY IT OVER AGAIN AND OUT LOUD.

Simple repetition works. Repeating what you've heard helps you remember it. Saying it out loud so you hear the words you want to remember provides an added boost to working memory.

## GET MUSICAL.

Turn what you want to remember into a poem or song—then sing it. Because this technique is fun, it helps reduce stress. Try it, and you'll see it works!

## USE MNEMONICS.

The word *mnemonics* is hard to pronounce (nuh-mah-niks) and spell. It refers to a technique that helps us remember certain facts by using an acronym, rhyme, sentence or other tool. I still remember being 10 years old and reading that if I wanted to remember the colors of the spectrum, all I had to do was remember the name Roy G. Biv. The *R* in Roy stands for red, the *o* for orange, the *y* for yellow, the *G* in between for green, the *B* in Biv for blue, the *I* for indigo and the *v* for violet. All these years later, I still remember the Roy G. Biv trick, proving that mnemonics work!

