

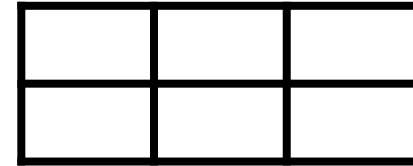
# Memory techniques: **1**

## Chunking



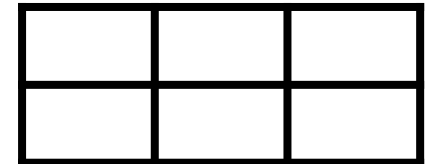
- Break work down into sentence ‘chunks’
- Take one paragraph and count the number of sentences
- Draw that number of boxes onto a page
- Write each sentence into a box from left to right
- Look at the first sentence in the notes and read it out loud. Then, close your eyes and say (‘seeing the words in your mind’) or ‘air write’ the sentence without looking at it
- Repeat the step above, this time with the first **2** sentences
- Next, try it with **3** sentences. Then **4**. Repeat until you have (mostly) memorized the first paragraph





- Now turn over and draw the boxes again
- This time put the first letter of each word only, followed by a line. E.g. m\_\_ g\_\_\_\_\_ l\_\_ c\_\_\_\_\_
- When you have finished, try to complete the text without looking at your notes.

## Now take a 3 minute break



- Now turn over and draw the boxes again
- This time put a picture in each box instead of any words
- Try to use colourful, humorous images to link to the idea of the sentence
- When you have finished, try to complete the text without looking at your notes.

