

Memory Training Techniques

You will have an easier time with memory training if you remember the following information:

- Have an interest in what you need to remember.
- Add personal meaning to what you need to remember.

Use the Look-Snap-Connect memory technique to help you remember:

- **Look**
 - Remind yourself to pay attention
 - Actively observe what you need to remember
 - Concentrate
 - Use all five senses
- **Snap**
 - Take a mental picture of what you need to remember
 - Make a picture in your head
- **Connect**
 - Make up a story connecting the pictures for recall at a later time
 - Use detail and action to help increase interest

Example: Recall these three words – carrots, TV and stone. Make up a story with a picture in your head, such as: *The orange **carrots** looked pink on the **TV** show after the **stone** hit it.*

Practice activities

1. Recall these words using the Look-Snap-Connect technique:
 - Gas, butter, frog
 - Smile, tooth, ant, saw
 - Sweater, grapes, horses, paddle, boulder
2. Recall these activities using the Look-Snap-Connect technique:
 - Get **apples** and **soda** at the store
 - Get **oil** changed in car
 - Take **package** to be mailed
 - Pick daughter up at **airport** by 7:00.
 - Doctor **appointment** at 9:30
 - Lunch with **Sue and Bill** at 12:30
 - Lunch on **12th Street and Vine**, at Noodles & Co.
 - Pick up **laundry**

3. You can recall names using the same basic Look-Snap-Connect technique.

Name-Snap (a picture reminding you of the person’s name)

Face-Snap (a body or facial feature is used)

Example: You need to remember the new member of the club, who is blond and named Marilyn. Your *Name-Snap* is Marilyn Monroe and your *Face-Snap* is the blond hair.

Recall each of these names using the Name-Snap and Face-Snap techniques. Then after doing each individually, see how many of the ten names you can remember.

Bannister
Guthrie
Ballering
Stewart
Cira
Ludwig
Schelfout
Istwan
Weishoff
Guiffre

Adapted from “The Longevity Bible-Eight Essential Strategies For Keeping Your Mind Sharp and Your Body Young” by Dr. Gary Small, 2006, Hyperion Publishing, and the AARP Web site article by Dr. Gary Small, “Jump Start Your Memory Performance Right Now.”