# THINKING SKILLS



# **MEMORY TRAINING**

One of the keys to successful learning is being able to use your memory:

- developing strategies to remember the subject matter **systematically**
- being able to **recall** and apply it to familiar and unfamiliar situations
- seeing the big picture of where everything fits in a subject and how it can be transferred into other subjects.

You don't automatically have these skills so they need to be learned and repeated regularly.

#### Repeating

• regularly reviewing your learning using thinking tools that suit your learning preferences.

#### Differing Approaches

considering the subject from multiple perspectives.
Using alternative resources deepens and expands your understanding.

#### Exchanging Ideas

 discussing topics with your team and friends makes you create justifiable conclusions.

### Summary Cards/Recordings

 reciting and recording the main points and listening to them or writing them on cards to embed understanding, helps your brain to store information and in turn recall it more efficiently.

#### Rhyme and Routine

 having organized deductive reasoning plans to follow for specific problems; following a focused approach.

#### Acronyms

• using the first letter of each word to trigger a storage point in your mind stimulates memory recall.

#### Posters/Diagrams

 having colourful posters in your bedroom with important summarized information, such as: quotes, pictures, formulae and main points.

Your mind will always respond to training, it is constantly looking to form new patterns and memories.

## **ACTIONS**

What are two things that I will start doing to improve my memory training?

1.

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## MINDFULNESS ACTIVITY

Country Names – There are about 200 different nations in the world. For five minutes write down as many of them that you can think of.



Surround yourself with colour, it stimulates the brain.



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**TEACHER** 

WHAT WENT WELL THIS WEEK AND WH	Υ?	
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THINGS TO DO	WEEK:	DECEMBER 2019/JANUARY	2020
31 TUESDAY			
1 WEDNESDAY			
2 THURSDAY			
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3 FRIDAY			
3 FNIDAI			
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4 SATURDAY		5 SUNDAY RESOURCER	

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