



CHAPTER ONE

Remembering Information

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USING THE ACTIVITIES

Do you have a hard time remembering facts and rules and lists and definitions? Don't worry, because this chapter is all about learning the techniques to help you remember them. So hang on to your hat. You are about to get a lot of good ideas for building up brain "muscles."

1-1 Techniques for Remembering Information

The purpose of this worksheet is to see what techniques you already use to help you remember, and to introduce you to some other ideas you might like to try. Start out by writing what ways you like to remember information.



After you have done that, read the section about the techniques other students use. Then complete the worksheet.

1-2 Repetition

Repetition involves reading, writing, and saying something a number of times in order to remember it. There are facts on the page that you'll be asked to read and remember. Follow the steps for repetition for all three statements. Then put a piece of paper over the facts and write what you remember. Don't peek! You can try this activity with a partner too. Your partner can read three facts from a book such as a science or history book. After listening, writing, saying, and repeating the facts, write them all down to test your memory.

1-3 Mind Picture

A mind picture is a mental image or picture created in your mind, which later can be used to recall information. The picture serves you as a place to collect and hold together facts to be remembered. By including names, dates, and places in your pictures, you can remember a lot of information.

For this activity it is best to work with a partner. In that way you can each make a list of things for your partner to remember using a mind picture. Challenge each other with several lists and create mind pictures to remember them. See who remembers more elements on the lists.

1-4 Grouping

Grouping is a good way to remember things that go together. For example, a list of ten items is easier to remember if the items can be grouped into two or three sets of items that go together. In this activity you will rearrange items in a list in an order that makes sense to you. In that way you increase your possibility of remembering the items.

1-5 Rhyme

Rhyme is the use of verse to remember information. Here are some examples of rhymes that help you remember facts.

In fourteen hundred ninety-two
Columbus sailed the ocean blue.

Thirty days has September,
April, June, and November.



1-6 Acronym

Acronyms are formed using the first letter of each fact to be remembered. The letters are arranged to form a pronounceable word. The acronym may be either a real word or a nonsense word. When an acronym cannot be formed, just form an abbreviation instead.

In this activity you will get a chance to try out the technique, making up acronyms of your own.

1-7 Abbreviation

Abbreviations are also formed using the first letter of each fact to be remembered. Abbreviations should be used when the letters do not form a pronounceable word. When you're trying to memorize facts that don't have to be in order, use whatever order is easiest for you. Other times, you need to memorize facts in a certain order.

In this activity, you will get a chance to try out this technique, making up abbreviations of your own, both in any order or a certain order.

1-8 Acronymic Sentence

This is a remembering technique that will help you create sentences made of words that begin with the initial letter of each of the facts you're trying to memorize. A common example used to remember the order of the planets in our solar system is the acronymic sentence: *My (Mercury) very (Venus) earthy (Earth) mother (Mars) just (Jupiter) served (Saturn) us (Uranus) nine (Neptune) pizzas (Pluto)*. Acronymic sentences are useful to remember information for which it is difficult to form an acronym or for which an abbreviation would be too long to be remembered.

In this activity, you will try out this technique, first seeing how it is done with the Great Lakes seaport example. Then, you'll be given some groups of food to develop into acronymic sentences.

1-9 Graphic Organizer

Graphic organizers are useful to remember information that is organized by topics, subtopics, and details. A graphic organizer is a visual representation of the information to be remembered. In this activity, you'll see how a graphic organizer can be used to show different types of food groups.



You'll then create a graphic organizer using information about physical fitness provided to you.

1-10 The Remembering Strategy

Now that you have been introduced to the eight techniques for remembering information, it's time to practice choosing the best technique to use in a given situation. When you choose the right technique, that's called using a "remembering strategy."

1-11 Mastery Assessment and Reflection

Now that you've learned the eight techniques and practiced how to use them, it's time to assess how much you know. In this activity, you'll identify the remembering technique being used. Your teacher will review the results and provide additional assistance if there are any techniques you don't understand.



Think about what you do to remember information for classes, tests, or in your day-to-day activities. Then write a statement that explains what you do.

Here are the remembering techniques taught in this chapter. Read to learn about each. Place a check (✓) in front of each one you included in your statement.

- Repetition** is a technique in which you read, write, and recite information.
- Mind picture** is a technique in which you form one or more pictures in your mind.
- Categorization** is a technique in which you place information to be remembered into categories.
- Rhyme** is a technique in which you create lines of verse.
- Abbreviation** is a technique in which you use the first letter of words to form an abbreviation.
- Acronym** is a technique in which you use the first letter of words to form a new word.
- Acronymic sentence** is a technique in which you use the first letter of words to create a sentence.
- Graphic organizer** is a technique in which you visually show how facts are related or organized.

Write the names of the techniques about which you need to learn more.



Repetition is a technique for remembering facts in which you read, write, and say the facts a number of times.

Use repetition when you want to remember a few facts, usually not more than four or five facts.

How to use repetition

1. **Read** the facts.
2. **Write** the facts.
3. **Say** the facts.
4. **Repeat** the steps three or more times.

Fill in the blanks to show what to do when using the repetition technique.

First, (1) _____ the facts. Second, (2) _____ the facts.

Third, (3) _____ the facts. Finally, (4) _____ the steps
three or more times.

Practice Using the repetition technique, try to remember the following underlined facts. When you are through, whisper the facts in another student's ear.

An explorer named Columbus is said to have discovered America in the year 1492.

Here are some more facts with which to practice.

- Marco Polo explored Asia and traveled to China in the late 1200s.
- Ferdinand Magellan is famous for sailing around the world in the early 1500s.

On your own Write facts you can remember using the repetition technique.



Mind picture is a technique for remembering facts by forming one or more pictures in your mind.

Use mind picture when you can easily form one or more pictures in your mind to help you remember facts.

How to use mind picture

1. Say the facts.
2. Create one or more pictures in your mind to show all the facts.
3. Focus on the picture(s) and say the facts.
4. Recall the picture(s) when you need to remember the facts.

Write the letters MP in front of each of the following that would be easy for you to remember using the mind picture technique.

- ___ 1. The years 1914, 1940, 1953, 1986
- ___ 2. Something you saw on TV
- ___ 3. The most interesting thing you did yesterday
- ___ 4. Major wars: World War I, World War II, Korean War, Vietnam War
- ___ 5. The names of the last five presidents of the United States
- ___ 6. The events that took place in the last story you read
- ___ 7. The floats or bands you saw in a parade
- ___ 8. What you ate for your last meal

Practice Ask a friend to tell you five fun things to do after school. Write the five things here and use the mind picture technique to remember them.

On your own Write facts you can remember using the mind picture technique.



Grouping is a technique for remembering facts that go together in some way.

Use grouping when you need to remember facts that can be placed in groups or categories.

How to use grouping

1. **Look** for ways that facts to be remembered can be grouped together.
2. **Write** a name for each group.
3. **Write** the facts that go with each group.

Practice Look for ways the following facts can be grouped together. Write a name for each group. Then write the facts under the name of each group.

1. pencil, paper, magazine, pen, book, chalk, chalkboard, poem, cardboard, newspaper

2. field goal, bat, dribble, home run, shoot, touchdown, free throw, fumble, tackle, basket, third base, pitcher

On your own Write facts you can remember using the grouping technique.



Rhyme is a technique for remembering facts by forming rhymes.

Use rhyme when the facts you want to remember have words that sound alike.

How to use rhyme

1. **Write** a line that ends with a word to be remembered.
2. **Write** a second line that ends with a word that rhymes with the word to be remembered.
3. **Repeat** steps 1 and 2 for other words to be remembered.

Here is a rhyme to remember the names Harry and Mary.

My friend's name is Harry.
His sister's name is Mary.

Here is a rhyme to remember these names as well as other important facts.

My friend's name is Harry.
His sister's name is Mary.
We are going to their party.
They live on Harty.

Practice Fill in the missing words to complete the rhyme that will help you remember that Columbus was a sailor who discovered America in 1492.

Christopher Columbus was not a tailor.

1. He was a good old _____ .

He sailed across the ocean blue

2. and discovered America in the year _____ .

Write a rhyme that will help you remember these facts:

3. William Shakespeare was a very bright English fellow who wrote a play with the title *King Lear*. He also wrote a play with the title *Othello*.

On your own Write facts you can remember using the rhyme technique.



Acronym is a technique for remembering facts by forming a word using the first letter of each fact to be remembered.

Use acronym when you want to remember facts whose first letters can be arranged to form a real word or a nonsense word that can be pronounced.

How to use acronym

1. **Write** the facts.
2. **Underline** the first letter of each fact.
3. **Arrange** the underlined letters to form a real word or a nonsense word that can be pronounced.

CALF is an acronym that is a real word. It can be used to remember the names of these states: Arizona, California, Florida, Louisiana.

LEAT is an acronym that is a nonsense word that can be pronounced. It can be used to remember the names of these U.S. presidents: Adams, Eisenhower, Lincoln, Truman.

Practice Form an acronym for each of the following sets of facts.

1. *States:* Delaware, Indiana, Michigan, Nevada

2. *Birds:* finch, owl, lark, wren

3. *American cities:* Chicago, Raleigh, Tacoma, Oakland

4. *Trees:* pine, oak, redwood, birch

5. *Fruits and vegetables:* apple, tomato, lettuce, endive

6. *Water life:* bass, carp, salmon, eel

On your own Write facts you can remember using the acronym technique.



Abbreviation is a technique for remembering facts using the first letter of each fact you want to remember.

Use abbreviation when you cannot form a word that can be pronounced using the first letter of each fact.

How to use abbreviation

1. **Write** the facts.
2. **Underline** the first letter of each fact.
3. **Form** an abbreviation using the underlined letters.

Practice Use the abbreviation technique to remember the following facts. These facts can be remembered in any order, so you can arrange the first letters of the facts to form an abbreviation that is easiest for you to remember.

1. *Body parts:* nose, lungs, heart, kidneys

2. *Animals:* turkey, goose, lion, seal, deer

3. *Countries:* Canada, Germany, France, Turkey

Sometimes facts have to be remembered in a certain order. For example, here are three states in order of highest to lowest population: California, Pennsylvania, Delaware. To remember these states in this order, you must use the abbreviation: CPD.

Each of the following must be remembered in order. Write the abbreviation.

4. Money in increasing order of value: penny, nickel, dime, quarter, dollar

5. Planets in order from outer space to the Sun: Pluto, Neptune, Saturn, Jupiter, Mars

On your own Write facts you can remember using the abbreviation technique.



Acronymic sentence is a technique for remembering facts by creating a sentence from words whose first letters help you remember the facts.

Use acronymic sentence when you need to remember a number of facts that are difficult to remember using the acronym or abbreviation techniques.

How to use acronymic sentence

1. **Write** the facts.
2. **Underline** the first letter of each fact.
3. **Create and write** a sentence using words that begin with the underlined letters.

The following acronymic sentence was created to remember that Minnesota, Wisconsin, Illinois, Indiana, Ohio, and Michigan all have a seaport on one of the Great Lakes.

Indians were mining ore in May.

Practice Use the acronymic sentence technique to remember the facts for each of the following food groups.

1. *Meat group*: steak, liver, veal, pork, chicken

2. *Dairy group*: milk, egg, cheese, cream, butter

3. *Fruit and vegetable group*: apple, pear, orange, banana, carrot, bean, radish

4. *Bread and cereal group*: cracker, rice, pasta, granola, muffin, bun, waffle, pancake

On your own Write facts you can remember using the acronymic sentence technique.



Graphic organizer is a visual technique for remembering information that contains a topic, subtopics, and details.

Use graphic organizer when you want to show how a topic, subtopics, and details go together.

How to use graphic organizer

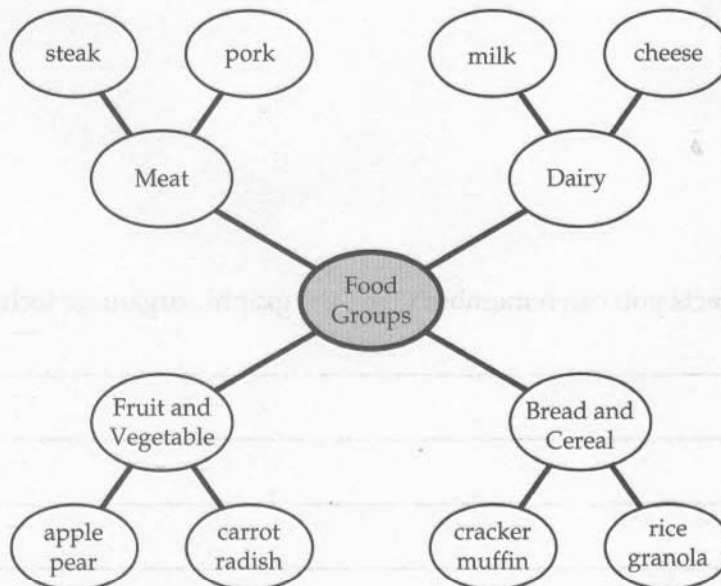
1. Write the topic for the information you need to remember.
2. Write the subtopics for the topic.
3. Write the details for each subtopic.
4. Draw a graphic organizer that shows how the topic, subtopics, and details are related.

Look at the following topic, subtopics, and details.

Topic: Food Groups

<i>Subtopics</i>	<i>and</i>	<i>Details</i>
Meat group		steak, pork
Dairy group		milk, cheese
Fruit and vegetable group		apple, pear carrot, radish
Bread and cereal group		cracker, muffin rice, granola

Study the graphic organizer that shows how the topic, subtopics, and details go together.





You have learned eight techniques for remembering information. You must decide which technique to use with a given set of facts. When you make this decision, you are using a remembering strategy.

For each of the following write the name of the remembering technique that would be most appropriate to use to remember the facts.

1. Facts easy to visualize

2. Facts whose first letters can be used to remember the facts

3. A short list of facts you can remember quickly and easily

4. Facts with words that sound alike

5. Topics, subtopics, and details that can be arranged visually to show their relationships

6. Facts whose first letters can be arranged to form a pronounceable word

7. Facts that can be organized into categories

8. Facts that can be remembered by creating a sentence from words whose first letters help you remember the facts



For each of the following, write the name of the remembering technique that was used.

1. Billy created lines of verse that ended with words that sounded alike.

2. Rosa organized a set of facts into categories.

3. Tony arranged topics, subtopics, and details into a visual display.

4. Susie created a sentence from the first letters of facts.

5. Luis formed images in his mind.

6. Elizabeth wrote and repeated facts several times.

7. George remembered in order the first letter of a series of facts.

8. Mary used the first letters of facts to create a nonsense word she could pronounce.

Reflection



How has the remembering strategy made you a better student?
