

Short term memory strategies

- Be clear, concise & unambiguous
- Deliver instructions in 1 or 2 chunks
- Repeat sequences often
- Allow for processing time
- Ask for instructions to be repeated back to you
- Minimise stress that can result from forgetting (give praise for asking)
- Provide memory aids – mnemonics, calculator etc
- Support with visual reference e.g. page number on board, highlight key parts in the text
- Show how to chunk in meaningful units to reduce load on working memory

