

Every parent can help their students improve their memory by

- teaching them to take care of their bodies
- understanding how memory works,
- strengthening their working memory, and
- teaching them to use better memory strategies.

Top resource: *The Mislabeled Child*, by Drs. Brock and Fernette Eide.

Cool factoid: brain has 3 pounds of gray matter, 100,000 miles of white matter.

Source: Brain Research through Advancing Innovative Neurotechnologies

Memory requires attention.

Severe memory problems may indicate “silent” seizures.

Two or three memory systems:

- Working memory and Short term memory (some researchers separate)
- Long term memory

Strategies:

Acronyms, an example of mnemonics: initial cues to learn the metric prefixes.

The	Terra
Great	Giga
Mighty	Mega
Kids	Kilo
Have	Hecto
Dropped	Deka
Over	One meter, gram, liter OR byte
Dead	Deci
Converting	Centi
Metric	Milli
Many	Micro
Nights	Nano
Past	Pico
Friday	Femto

Memory palaces

Verbal pegs or visual pegs, (See *Mislabeled Child*, p. 62-63).

Adjust your teaching to your child's optimal learning style:

- child or teen's (or your own) best way to take in information
- best kind of long term memory
- best kind of short term or working memory

explicitly teach study strategies: Preview, review text

SQ3R

- Survey
- Question
- Read
- Recite
- Review

Brain training:

CogMed

- <http://www.cogmed.com/>
- <http://spaceminespatrol.com/>