

Working Memory Tools



Working memory is used to follow instructions and hold on to information long enough to use it. Working memory is like having sticky notes all over your brain. Working memory allows the access of important information when needed. However, we can't have a working memory if we're not paying attention which means listening intently and giving eye contact and stay focused.

TASK: Look at the working memory strategies listed below. Check the ones you use and explain when and how you use them. Then, put an x on the line for the ones that could help you become less forgetful and explain how they could help you having a better working memory.

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| <input type="checkbox"/> _____ Sticky notes | <input type="checkbox"/> _____ Phone app(s): |
| <input type="checkbox"/> _____ Self-talk | <input type="checkbox"/> _____ Tablet app(s): |
| <input type="checkbox"/> _____ Mnemonics | <input type="checkbox"/> _____ Highlighter |
| <input type="checkbox"/> _____ Repetition/Regular review | <input type="checkbox"/> _____ Minimize distractions |
| <input type="checkbox"/> _____ Memory tasks/games | <input type="checkbox"/> _____ Begin tasks immediately |
| <input type="checkbox"/> _____ Use reminders | <input type="checkbox"/> _____ To do lists |
| <input type="checkbox"/> _____ Other: | <input type="checkbox"/> _____ Other: |