

# Memory Improvement

## Practice

- Total Time Hypothesis
- Distributed vs. Massed Practice
- Retrieval Practice
- Testing Effects
- Deliberate Practice
- Specific vs. General Effects

## Mnemonics

### Imagery Mnemonics

- Interactive Imagery
- Keyword Method
- Method of Loci

### Organizational Mnemonics

- Chunking
- Hierarchies
- First Letter Mnemonic
- Narrative Technique

## Multimodal Approach

- No single solution
- Physical/Mental Condition
- Memory Attitude
- Memory Manipulations
- Flexible Repertoire

## Metamemory

- Knowledge of Strategies
- Planning
- Monitoring
- Adapting strategies to new tasks
- Personal Strategies

## External Aids

- Notes
- Calendars
- Alarm Clock
- Bookmarks