

Working memory tip card

When you develop practices to improve your working memory, you will improve your ability to keep key information in your mind.

Tips	Self-talk
<ul style="list-style-type: none"> • Use coloured markers to highlight instructions (use different colours to signal different things, such as green for the most important, red for things I might forget). 	<ul style="list-style-type: none"> • “Am I forgetting anything?”
<ul style="list-style-type: none"> • Set reminders with time and sound cue on my smartphone. 	<ul style="list-style-type: none"> • “Check my list.”
<ul style="list-style-type: none"> • Make checklists. 	<ul style="list-style-type: none"> • “Check my agenda.”
<ul style="list-style-type: none"> • Visualize a picture of something to connect with what I need to remember. 	<ul style="list-style-type: none"> • “What picture did I make of that in my mind?”
<ul style="list-style-type: none"> • Find ways to connect information in ways that make sense to me. 	<ul style="list-style-type: none"> • My own idea:
<ul style="list-style-type: none"> • Teach it to someone else so I also learn it. 	
<ul style="list-style-type: none"> • Repeat it. 	
<ul style="list-style-type: none"> • Do all work on my iPad or tablet so it’s always with me. 	
<ul style="list-style-type: none"> • Other strategies: 	

Adapted from Peg Dawson & Richard Guare, *Coaching Students with Executive Skills Deficits*, 2012

