



FACT SHEET: THINKING SKILLS

ACTIVE WORKING MEMORY STRATEGIES

- Use your planner ALL THE TIME!
- Break down individual assignments into a 'to do list'
- Estimate how long you need to spend on each part of an assignment
- Assign a time when each assignment needs to be finished
- Record lessons on tape or ask for the Power Point lesson to jog your memory
- Practise using highlighter pens to underline and highlight information
- Complete assignments where possible on the computer and employ checking mechanisms for grammar and spelling before handing assignments in
- Use the memory stick / data traveller between school and home for all assignments
- Ask teachers to provide you with an outline of the following day's lesson that you can preview what the lesson is going to be about
- See if you can make links during lessons of what you are learning, connecting it with information that you already know
- Use Mindmaps, writing frames, checklists, visual / other representations that will help you remember and store information