Study Skills and Test Prep

Lesson Plan | Primary and Elementary School

Lesson Time: 10-15 minutes

Give Your Memory a Boost!

Objectives & Outcomes

Lesson Objectives: Given three categories of healthy living, students will name activities in each category that contribute to good memory skills.

Lesson Outcomes: Students will be able to ...

- identify three to five ways to boost their memory
- state how mental games help improve memory

Subject Area Connection: Language Arts

Getting Ready

Teacher Preparation: Students will be learning about three categories of things that help them build good memory skills. They include three areas of healthy habits. This lesson may be conducted as a whole group or small group activity. Have in mind a story about when you used a memory trick.

Materials Required:

- chart paper or a whiteboard
- markers
- paper and pencils

Key Vocabulary

memory aid: something that helps improve memory.

mental game: a game using memory and attentiveness.

word game: a game using language skills.

Background

Memory is like a muscle. It needs to be exercised to grow stronger. Mental games, such as visual memorization, matching games, etc. train the mind and aid memory by focusing the student's attention on a specific task.

Working memory, which is when students remember a series of instructions or facts, will help students be more successful in school. Learning mnemonic devices helps children learn a series of lists or instructions, by helping them use information already stored in their long-term memory to help them memorize new information. The mnemonic devices act as a trigger for the knowledge stored in the brain to establish links to the lists or information that students are working to memorize. This makes it easier to recall the information at a later time.

"**Memory is like a muscle**. It needs to be exercised to **grow stronger**."

Introduction and Modeling

Ask students what helps make muscles strong. Explain that memory is like a muscle. They can make it stronger by practicing certain activities that help to build more connections in their brain.

Explain that this can be playing a matching card game that will require them to remember rules and cards others have used. Or using a scent (like an orange or a mint chewing gum) while they're trying to study. Or they could use a visualization technique (mind maps, doodling, etc.) to remember facts.

Share a story of a time when you used a memory trick to learn something new or to remember certain facts. This could be when you were a student or a time you were learning a new language or musical instrument. Explain to the class what technique you used and how it worked.

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Procedure

1. Explain to the class that they are going to play a memory game.

2. Draw four different shapes on a piece of chart paper. Tell students to look at the paper and concentrate on the shapes they see. Give them about 30 seconds to memorize the shapes.

3. Cover up the shapes with another piece of chart paper and ask the students to write down all the shapes they can remember and have them share their answers with a partner.

4. Add four more shapes (do not repeat any that have already been used) and repeat the activity.

5. Ask the students if they were able to remember all of the shapes this time or if it was harder? Explain that the more things they have to remember at one time the harder it can be, but the more they practice the easier it will get.

6. Divide the class into small groups. Explain to them that they are going to work together to create a new memory game of their own. They can use rhymes, pictures, words, or songs to create their games.

7. Have the groups share their memory game with the class. When all groups have presented, ask students if they thought they could use some of these games to help them when they are trying to memorize information.

Discussion Questions

- What are some things you can do to help improve memory?
- How is memory like a muscle?
- Name three games to improve memory.

Evaluation

Students will write about three things they can do to help improve their memory. They should choose more than one type of activity, such as a memory game and incorporating scent, etc.

Tips for Tailoring This Lesson

For Higher Grade Levels

- Have students write letters to a younger student, explaining how they can improve their memory.
- Have students keep a journal for a week and record all the memory aids they incorporate daily.

For Lower Grade Levels

- Spread the lesson over three days, and focus on just one technique each day.
- Have students listen to three, four, or five memory aids and repeat them in order.

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Alignment to Standards and Frameworks

Common Core State Standards: College & Career Readiness

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Anchor Standards for Writing

CCRA.W.4. Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience.

Anchor Standards for Speaking and Listening

CCRA.SL.1. Prepare for and participate effectively in a range of conversations and collaborations with diverse partners, building on others' ideas and expressing their own clearly and persuasively.

Anchor Standards for Language

CCRA.L.1. Demonstrate command of the conventions of Standard English grammar and usage when writing or speaking.

CCRA.L.2. Demonstrate command of the conventions of Standard English capitalization, punctuation, and spelling when writing.

Partnership for 21st Century Framework

Partnership for 21st Century Framework: the framework comprises the skills, knowledge and expertise students should master to succeed in work and life in the 21st century. Partnership for 21st Century Skills www.p21.org

SOCIAL AND CROSS-CULTURAL SKILLS

Interact Effectively with Others

- Know when it is appropriate to listen and when to speak
- Conduct themselves in a respectable, professional manner

Work Effectively in Diverse Teams

- Respond open-mindedly to different ideas and values

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