

ACTIVITIES

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Activity 7-1: Repetition Strategy

In this unit, you will be learning about a number of effective strategies that will help you to remember information. **Repetition** is a strategy for remembering information in which you read, write, and say the information a number of times.

Here are the steps to follow when using the repetition strategy.

1. **Read** the information. 2. Write the information. 3. **Say** the information. 4. **Repeat** the first three steps at least three times. Here are the steps in the repetition strategy. For each s ep, write the missing word or words. the information 1. First, ____ the information. 2. Second, the information. 3. Third, _____ he steps at least times. 4. Finally, Use the repetition strategy to remember the following information. Blank lines are provided for the writing you have to do in Step 2. Granite and basalt are both formed from molten rock. y 4, 1776, the Second Continental Congress of the United States declared its independence from Great Britain.

Activity 7-1: Repetition Strategy

nave a positive charge. He named these particles alpha particles.
John Deere was a blacksmith from Illinois. In 1837 he invented the steel plow.
The United States has 14 territories. Three of these are in the Caribbean Sea, and other eleven are in the Pacific Ocean.
The birthstone for April is the diamond. It is said to stand for innocence.
V on your own Write some information that you need to remember from one of your textbooks
Use the repetition strategy to remember the information you wrote. Blank lines are provided for the writing you have to do in Step 2.

Activity 7-2: Visualization Strategy

Visualization means to form a picture of something in your mind. It is a good strategy to use to remember things that are easy to picture.

Read the following information. As you read, form one or more pictures in your mind about the information. Doing this will help you remember the information.

The Water Cycle

The earth has a limited amount of water. That water keeps going around and around in what is called the "Water Cycle." There are four stages in the water cycle. Evaporation is the first stage. Evaporation occurs when the sun heats up the water in bodies of water such as rivers, lakes and oceans. The heated water turns into water vapor that goes up into the air Concensation is the next stage. In this stage, the water vapor in the air gets cold and changes tack into liquid. This liquid then forms clouds. The third stage in the water cycle is precipitation. This occurs when so much water has condensed that the air can no longer hold it. The clouds get very heavy and water falls back to the earth as rain, hail, sleet, or snow. Collection is the final stage. Some of the precipitation falls back into rivers, lakes, and oceans. Some ends an or land where it may run over the soil and collect in rivers, lakes, and oceans. Then the water cycle begins all over again.

Cover the information about the water cycle with a sheet of paper and then answer the questions about it. Do not look back at the information while answering the questions.

qu	estions.
1.	What is the first stage in the water cycle!
2.	What picture did you form in your mind to remember this?
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_	
3.	What is the second stage in the water cycle?
4.	What picture did you form in your mind to remember this?



Activity 7-2: Visualization Strategy

5.	What is the third stage in the water cycle?
6.	What picture did you form in your mind to remember this?
7.	What is the fourth stage in the water cycle?
8.	What picture did you form in your mind to remember this?
No	w on your own:
9.	Write some information that you need to remember from one of your textbooks. The information should be easily pictured:
	25
10.	Describe the picture or pictures you would create in your mind to remember this information.

Activity 7-3: Rhyme Strategy

A rhyme is a short poem in which the sound of the word or syllable at the end of each line corresponds with that at the end of another line.

You probably remember the nursery rhyme about Humpty Dumpty:

Humpty Dumpty sat on a wall,

Humpty Dumpty had a great fall;

All the king's horses and all the king's men

Couldn't put Humpty together again.

This is a rhyme because the sound of the last word in the first line (wall) corresponds to the sound of the last word in the second line (fall), and the sound of the last word in the third line (men) corresponds to the sound of the last word in the fourth line (again).

By remembering this rhyme, you will remember that Humpty was litting on a wall, that he fell, and that all the king's horses and all the king's men couldn't put him together again.

You can use rhymes as a fun way to remember information. When you do this, you are using the rhyme strategy. You do not have to be a poet to use the rhyme strategy. Let your imagination run wild.

Here is an example of a rhyme of two lines that can help you remember that oil and gas are fuels.

Here is a fact that is oh so cool.

Both oil and gas are types of fuel.

Here is an example of a fryme of four lines that can help you remember that Christopher Columbus was a safer said to have sailed across the ocean and discovered America in 1492. There are similar bunds at the end of each pair of lines.

Christopher Columbus was not a tailor.

He was just a seed old sailor.

Columbus sailed across the ocean blue.

He discovered America in 1492.

Write a phyme of two lines to remember the following information.

Overgon is the most shundant element in the Fouth's exact

Ι.	Oxygen is the most abundant element in the Earth's crust.		



Activity 7-3: Rhyme Strategy

 ite a	rhyme of four lines to remember the following information.	
	ate is the pattern of weather in an area over a long period.	5
—— А boy	ycott is a refusal to buy, sell, or use certain goods.	
Now,	, write some information that you reed to remember from one of your tex	tbool
Writ	a myrie of four lines to remember the information you just wrote.	
	early he of four filles to remember the information you just wrote.	

Activity 7-4: Categorization Strategy

Categorization is a strategy for remembering items of information that can be sorted into two or more categories.

Here are the steps to follow when using the categorization strategy.

- 1. Look for ways that the items of information to be remembered can be placed into two or more categories.
- 2. Write and underline the name of each category.
- 3. Under the name of each category, write each item of information that is associated with that category.
- 4. To remember the items of information, think of the first category and the items that are associated with it. Repeat this for each of the other categories.

Here is an example to show how this is done.

Suppose you have to remember the following foods to purchase at the supermarket:

bananas, rice, cereal, carrots, etrawberries, potatoes, melons, broccoli, plums, apricots, bread, crackers

First, think of two or more categories noto which you could sort these foods. In this example you could sort the foods according to the food group to which each food belongs.

Second, write and underline the name for each category. Fruits Grains Vegetables

Third, write the name of each food under the category to which it belongs.

bananas rice carrots
that perries cereal potatoes
melods bread broccoli
plams crackers
apricots

Last, think of the first category which is "Fruits." You will then be able to remember bananas, strawberries, melons, plums, and apricots. You will remember these items by associating them with the category "Fruits." Then do the same for the other two food groups.



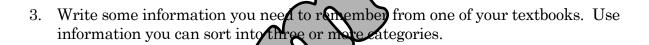
Activity 7-4: Categorization Strategy

1. Use the categorization strategy to remember the following countries by sorting them into two or more categories. (Hint: Sort them by continents.)

Mexico, Bolivia, Argentina, France, Italy, United States, Brazil, Canada, Germany, Peru, Switzerland

2. Use the categorization strategy to remember the following living things.

salmon, cricket, bass, dove, trout, beetle, rose, finch, dragonfly, sparrow, noth, telep, violet, r



4. Use the categorization strategy to remember the information you just wrote.

Activity 7-5: Acronym Strategy

An **acronym** is a word that is formed from the first letter of each word in a set of words. An acronym can be a real word or a word that is not real but that can be easily pronounced.

The acronym strategy is a good strategy to use when you are trying to remember information that does not have to be remembered in a certain order. To use the acronym strategy, at least one of the items of information you are trying to remember must begin with a vowel

Here are the steps to follow to use the acronym strategy.

- 1. Write each item of information you need to remember.
- 2. Underline the first letter of each item of information. If there is more than one word in a item of information, underline the first letter of only the first word in that item of information.
- 3. Arrange the underlined letters to form an arronym that is a real word or that is not a real word but that can be easily pronounced.

"HOMES" is an example of an acronym that is a real-word you can use to remember the names of the five Great Lakes in any order: Michigan, Erie, Superior, Ontario, and Huron. In HOMES, H is the first letter of Huron and helps you remember that name; O is the first letter of Ontario, and so on. At any time you need to remember the names of the Great Lakes, think of the acronym HOMES. The K in HOMES will help you recall that Huron is one of the Great Lakes; the O will help you recall Ordario, and so on.

The acronym "tolk" can be used to member the following animals in any order: tiger, lion, otter, kangaroo. This word is not a real word, but you can easily pronounce it. You could also have used "kolt" as an acronym. Notice that you cannot form a real word using the first letter of each of these animals to be remembered.

Sometimes two of the items of information you must remember begin with the same first letter. The action of "capp" can be used to remember the following types of fruit in any order: pear apple peach, and cherry. You can use the first letter "p" in this acronym to remember either "pear" or "peach" and the second letter "p" to remember the other.

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Remembering Information

Activity 7-5: Acronym Strategy

Form an acronym for each of the following sets of information. The items of information in each set can be remembered in any order. Your acronym can be a real word or a word that is not a real word, but that can be easily pronounced. If possible, create an acronym that is a real word.

1.	Types of energy: nuclear, thermal, chemical, electrical
2.	American cities: Philadelphia, Detroit, Louisville, Atlanta
3.	Elements: oxygen, argon, cadmium, titanium, sulphur
4.	African countries: Angola, South Africa, Egypt, Kenya, Rwands
5.	Flowers: orchid, tulip, orange blossom, rose, daffodil
6.	Languages: Arabic, Marathi, Portuguese, Bergali, Russian
No	w on your own:
7.	Write some items of information that you need to remember in any order from one of your textbooks.
(200
8.	Write an acronym to remember this information.

Activity 7-6: Abbreviation Strategy

The acronym strategy you learned in Activity 5-5 is difficult to use when you have to remember information that contains up to four or five items in a certain order. In this case, the **abbreviation** strategy is a good strategy to use.

Here are the steps to follow to use the abbreviation strategy.

- 1. Write the items of information you must remember in the order in which you must remember them.
- 2. Underline the first letter of each item of information. If there is more than one word in an item of information, underline the first letter of only the first word in that item of information.
- 3. Write the underlined letters in their order to form the abbreviation.

For example, imagine that for your social studies class you are required to remember the names of four American states in the order in which they entered the Union. Here are the states and the year in which each entered the Union:

Tennessee	1796
New Jersey	1787
Wyoming	1890
Florida	1845

The order in which you would have to remember these four states is: New Jersey, Tennessee, Florida, and Wyoming.

The abbreviation you would write to remember this information is: NTFW

Later to remember these four states in the order in which they entered the Union, think of the abbreviation WTFW. The N will help you recall that New Jersey was the first of these states to enter the Union; the T will help you recall that Tennessee was the next to join the Union, and so on.

Sometimes, two or more items of information you must remember begin with the same first letter. The abbreviation LCMC can be used to remember the following state capitals in order: <u>Lansing</u>, <u>Cheyenne</u>, <u>Madison</u>, and <u>Concord</u>. In this case, you must remember that the first letter "C" refers to Cheyenne and the second letter "C" to Concord.

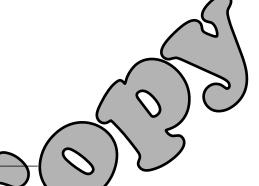
Activity 7-6: Abbreviation Strategy

Complete each of the following.

1. In the twelve months ending September 30, 2012, more than one million people from foreign countries became "legal permanent residents" of the U.S. Here are the four states in which the most immigrants settled and the number of immigrants who settled in each. Write an abbreviation to remember these four states in order from the state in which the most immigrants settled to the state in which the least settled.

rida	103,047
w York	149,505
as	95,567
ifornia	196,622
as	95,567

Abbreviation:



2. Many animals can run faster on land than can humans. Here are the four fastest animals on land and the speed at which they can run in miles per hour. Write an abbreviation to remember these four animals in order from the slowest to the fastest.

elk 45
cheetah 70
ostrich 40
pronghorn 60
Abbreviation:

3. Scientists use the Mols hardness scale to rate the hardness of minerals. A mineral's hardness refers to how difficult it is to scratch its surface. The higher the number on the scale, the harder the mineral. Here are five minerals and their hardness rating. Write an abbreviation to remember these minerals from softest to hardest.

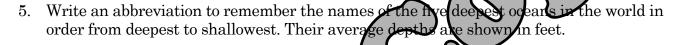
quartz 7
calcite 3
diamond 10
talc 1
gypsum 2
Abbreviation:



Activity 7-6: Abbreviation Strategy

4. The pH of a substance tells its level of acidity. Substances are rated from 1 to 14 on the pH scale. The lower the number, the more acidic the substance is. The higher the number, the less acidic the substance is. Here are the names of five foods and the pH values of each. Write an abbreviation to remember the names of these foods from the most acidic to the least acidic.

ketchup	3.9	
peanut butter	6.3	
squash	5.7	
horseradish	5.4	
herring	6.1	
Abbreviation:		



Southern Ocean 23,737

Pacific Ocean 35,837

Arctic Ocean 18,456

Indian Ocean 24,460

Atlantic Ocean 30,246

Now on your own.

Abbreviation

6. Write some items of information you need to remember in a certain order from one of your textbooks.

7. Write an abbreviation to remember this information.



Activity 7-7: Acronymic Sentence Strategy

Activity 7-7: Acronymic Sentence Strategy

The **acronymic sentence** strategy is useful for remembering information either in any order or in a certain order. It is similar to the acronym strategy you learned about in Activity 5-5. The difference is that the first letter of each item of information to be remembered is used to form a sentence rather than a word.

Here are the steps to follow to use the acronymic sentence strategy.

- 1. Write each item of information you need to remember. Write these in an order or in a certain order if required.
- 2. Underline the first letter of each item of information.
- 3. Write a sentence using words that begin with the underlined etters. If you must remember the information in a certain order, the order of the words in the sentence you create must be in the order in which you must remember the items of information.

Try to form a sentence that is funny or is personal to you. You will find it easier to remember your sentence if you do this.

Here is an example of an acronymic sentence to remember the following four dairy foods in any order: milk, yogurt, cheese, butter. In this example, the order of the foods can be changed.

Mom buys cool yo-yos.

Later, to remember these four dairy foods, think of "Mom buys cool yo-yos." The first letter of the first word in this sentence is "M. The letter "M" will help you recall "milk." Similarly, the first letter of "buys" will help you recall "butter," and so on.

Here is an example of an ecronymic sentence to remember information in a certain order. In this example, the information to be remembered is the last names of the first four presidents of the United States in order. Washington, Adams, Jefferson, Madison. In this example, the order of the names cannot be changed.

<u>Wate jelly</u>lears <u>M</u>onday.

If two words in an acronymic sentence begins with the same letter, you will have to remember which item of information goes with the first word that begins with that letter, and which with the second word that begins with that letter.

Activity 7-7: Acronymic Sentence Strategy

Write an acronymic sentence to help you remember each of the following.

1	Countries with the highest population as of 2012 in order from highest to lowest United States (313,847,465), China (1,343,239,923), India (1,205,073,612), Indonesia (248,645,008).
]	Properties of sound waves in any order: intensity, speed, frequency, loudness pitch.
]	Number of calories burned per minute in physical activities in order beginning with the highest number of calories: skating (4), racquetball (10), basketball (7), soccer (6), martial arts (8).
7	Write some information you need to remember in any order from one of your textbooks
	Write a acronymic sentence to remember this information.
	Now, write some information you need to remember in a <i>certain order</i> from one of your textbooks.
,	Write an acronymic sentence to remember this information.

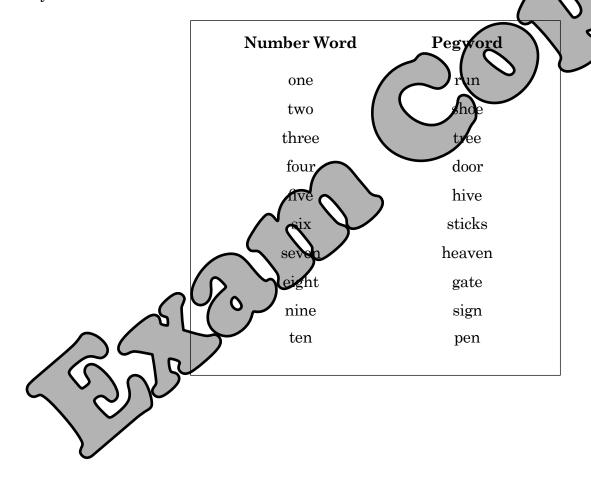


Activity 7-8: Pegwords Strategy

Activity 7-8: Pegwords Strategy

The **pegwords** strategy is useful for remembering numbered information such as four reasons why the price of gasoline is high, or the first four rights of the Bill of Rights in order. Pegwords are words that rhyme with number words. Each pegword is substituted for a number word and is associated with the information to be remembered.

You can use any word as a pegword as long as it rhymes with a number word. For most perposes, you will not need more than ten pegwords. Here are the number words for one through ten with suggested pegwords. You can substitute your own pegwords if you wish. Nouns or verbs are best since they can easily be used to form many associations with the information you need to remember. If you substitute your own pegword for one shown, be sure that your pegword rhymes with the number word.





Activity 7-8: Pegwords Strategy

Here are the steps to follow to use the pegwords strategy.

- 1. Think of the first item of information you must remember.
- 2. Think of the pegword for the number one. The pegword for one is run.
- 3. Create a picture in your mind that shows an association between the pegword run and the first item of information you must remember.
- 4. Repeat steps 1-3 for each additional item of information you must remember. Use the pegword shoe for the second item of information, tree for the third item, and so on.

Here is an example of how the pegwords strategy can be used to remember the following four reasons why forests are important.

- 1. Forests provide food for animals.
- 2. Forests provide shelter for animals.
- 3. Forests refresh the air by turning carbon dioxide into oxygen.
- 4. Forests provide lumber for building homes.

The pegword for *one* is *run*. To remember that forests provide food for animals, associate this information with *run*. For example create a picture in your mind in which an animal such as a deer is running to get some food. Later, when you try to remember the reasons why forests are important, the number word *one* will trigger the pegword run, which will trigger the image of an animal running to food—that is, forests provide food for animals.

Here are examples of the pictures in your mind you could create for the remaining reasons.

(two shoe) Forests provide shelter for animals. Create a picture in your mind of a small animal living in a shoe.

(three/tree) Free is refresh the air by turning carbon dioxide into oxygen. Create a picture is you mind of a tree appearing to take a deep breath and sighing "Ahh" in relief.

(four door) Forests provide lumber for building homes. Create a picture in your mind of someone carrying a wooden door to install on an unfinished house. Next to the house is a stack of lumber to be used to complete the house.



Activity 7-8: Pegwords Strategy

Describe the pictures you would create in your mind using pegwords to remember each of the following five hardships experienced by the pioneers as they traveled west in their wagons.

•	Using the pegword run , describe the picture you would create to remember that the pioneers had to cross rivers.
•	Using the pegword <i>shoe</i> , describe the picture you would create to remember that the pioneers fell victim to accidents.
•	Using the pegword <i>tree</i> , describe the picture you would create to remember that the pioneers faced difficult weather conditions.
•	Using the pegword dor describe the picture you would create to remember that the pioneers had as walk great distances because their wagons were full of food and supplies
/	
•	Using the pegword <i>hive</i> , describe the picture you would create to remember that the pioneers suffered from many diseases and injuries.



Activity 7-8: Pegwords Strategy

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or each neo	word vou use desc	cribe the nixtu	re vou would c	reate in vour mind	 1 to
emember th	e information that	is as ociated	with that pegv	reate in your mind vord.	1 00
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Activity 7-9: Loci Strategy

Activity 7-9: Loci Strategy

The word *locus* means place. The word *loci* is the plural form of locus. It is easy to remember features of places you are familiar with, such as where you live or your school. The **loci** strategy builds on your familiarity with a place and can be used to remember things a certain order. It is an especially effective strategy to use if you are good at visualizing things.

Here are the steps to follow to use the loci strategy.

- 1. Think of a place you know very well.
- 2. Picture that place.
- 3. Visualize each item of information you want to remember and associate it with one of the features of that place.
- 4. To remember the information, visualize each feature you selected and the item of information you associated with it.

For example, suppose you wanted to remember the following six words that will be on your next spelling test: humorous, mansion, ignite, cereal, destination, tomato.

You decide to use your kitchen as the familiar place. Here is what you might visualize for each word:

humorous Visualize a item of toas popping high up out of the toaster.

mansion Visualize your kitchen as one of the rooms in a very large,

magnificent house.

ignite Visyalize your kitchen stove bursting into flames.

cereal Vistalize yourself eating a bowl of cereal at your kitchen table.

destination Visualize yourself heading to the refrigerator to find a snack.

mater Misualize a can of tomato soup on a shelf in the pantry.

For recall the six spelling words, visualize the features of your kitchen. As you do this, for each feature, think of the word you may have associated with that feature. For example, as you visualize your refrigerator, you will visualize yourself heading to it to find a snack. This will help you remember that destination is one of the spelling words you must study. There will be some features in your kitchen that do not have one of the spelling words associated with them.

In the example just presented, you could remember the words in any order. You can use a variation of the loci strategy to remember items of information in a certain order. To do this, use a familiar route from one place to another, rather than a place. Associate the first item of information you must remember with the first feature along the route, the second item of information with the second feature along the route, and so on.

For example, suppose you have to remember the names of six popular games in the order in which they were invented from earliest to latest. Here are the games and the year in which each was invented:

Snakes and Ladders	1890
crossword puzzle	1913
Bingo	1929
Battleship	1930
Clue	1944
Candyland	1949

You decide to remember these games in order by using the route you take from home to school. The first six features that come to mind along this route are a large elm tree, a newsstand, a church, a parking lot, a police station, and a chocolate shop. The first game to be remembered must be associated with the first place along the route, the second game with the second place along the route, and so on. Here is what you might visualize to remember each game.

To remember *Snakes and Ladders*, you could visualize a ladder against the elm tree with a snake climbing up the ladder.

To remember *crossword puzzle*, you could visualize a newspaper lying in front of the newsstand opened to the page containing a crossword puzzle.

To remember Bingo, you can visualize a row d of people playing Bingo in the church basement.

To remember *Battleship*, you can is alize a battleship taking up most of the spaces in the parking lot.

To remember *Clue*, you can visualize detectives coming out of the police station, and they are looking for clues to solve a crime.

To renamber Cyldyland, you can visualize the inside of the chocolate shop full of delicious cardies.



Activity 7-9: Loci Strategy

Complete the following.

relate to hobbies: painting, gardening, fishing, sports, chess, cooking, dancing. Since you can remember these words in any order, use a familiar place to help you remember them. Write the name of the place you are using:_____ For each hobby, identify the feature of the place you are using. Then describe visualized in your mind to remember the hobby you associated with that feature. painting Feature: What I visualized: gardening Feature: _____ What I visualized:

1. Use the loci strategy to remember in any order the following seven words that

visualized:





sports	
Feature:	
What I visualized:	
chess	
Feature:	
What I visualized:	
cooking	
Feature:	
What I visualized:	
dancing	
Feature.	
What I visualized:	



Activity 7-9: Loci Strategy

wedding anniversaries. Since you must remember these gifts in order, use a familiar route to help you remember them.
First – paper
Second - cotton
Third - leather
Fourth - fruit
Fifth – wood
Sixth - sugar
Write the route you are using: From
For each anniversary gift, identify the feature of the route you are using. Then describe what you visualized in your mind to remember the anniversary gift you associated with that feature.
paper
Feature:

2. Now, use the loci strategy to remember in order the following traditional gifts for

Teatare:

What I visualized:

What I visualized:





Activity 7-9: Loci Strategy

leather	
Feature:	
What I visualized:	
fruit	
Feature:	
What I visualized:	
wood	
Feature:	~ >
What I visualized:	
Feature	
Feature: What I visualized:	
That I Isualized.	



Activity 7-10: What I Have Learned

Activity 7-10: What I Have Learned

In this unit you have learned how to use nine strategies for remembering information. Complete each of the following by writing the name of the remembering strategy that is being used. Use each strategy just once.

1.	Lucy must remember that Davy Crockett lost his life at the Battle of the Alama. To remember this fact, she writes a poem that has similar sounds at the end of each line
	The strategy Lucy is using is
2.	Thomas must remember that Barrow, Alaska is the northernmost city in the United
	States. He writes this fact and recites it several times.
	The strategy Thomas is using is
3.	Carmen must remember the names of the four biggest cats in the world in order beginning with the biggest. Here is that order: Siberian Tiger, Lion, Jaguar, Cougar. Carmen remembers this information by writing the first letter of each of the cats in order: SLJC
	The strategy Carmen is using .
4.	Carl must remember the following four uses of a map: (1) to find a location, (2) to determine the distance between two places, (3) to know the direction one is traveling, and (4) to identify points of interest. He creates pictures in his mind to associate these uses with words that rhyme with the number words one through four.
_	The strategy Carlis using is

5.	Ashley must remember the following six historical innovations of China in any order: hot air balloon, kite, fireworks, paper money, umbrella, and fishing reel. She associates each innovation with an object in her living room.
	The strategy Ashley is using is
6.	Samantha must remember the events in a story about the Lewis and Clark expedition. She creates pictures in her mind as she reads the story.
	The strategy Samantha is using is
7.	Juan must remember the names of these four Native American ribes in any order: Pawnee, Apache, Cheyenne, and Huron. He uses the first letter of the name of each tribe to form the word "CHAP."
	The strategy Juan is using is
8.	Elizabeth must remember to buy the following nine items at the store: pen, raisins, newspaper, apple, ruler, magic marker, magazine, potato chips, and juice. She groups these items under: Things to Read, Things to Use for Writing, and Snacks.
	The strategy Elizabeth is using is
9.	Paul must remember the standard time zones in the United States in the following order from east to west Eastern, Central, Mountain, Pacific. He writes the following sentence using words that begin with the first letter of each of these time zones in order: Each chef makes pasta.
	The strategy Paul is using is