



Helping Students Remember, Includes CD-ROM: Exercises and Strategies to Strengthen Memory

Milton J. Dehn

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A hands-on memory-training program for children and adolescents featuring dozens of practical, evidence-based memory exercises

A practical workbook designed to assist students whose academic learning is suffering due to a memory deficit or ineffective utilization of their memory capabilities, *Helping Students Remember* provides numerous strategies and methods to strengthen memory, including chunking, organization, keyword, self-testing, pegword, loci, and mnemonics.

Drawing on the author's extensive training and experience, this useful resource presents effective techniques and lessons on:

- How memory works
- Memorization methods
- Goals for improving memory
- Repetition
- Using cards to build memory
- Grouping words by category
- Study skills that help memory
- Using arithmetic to build memory
- Using music to remember
- Improving recall during tests
- Creating and using review sheets
- Picturing verbal information
- Using context cues
- Plans for using memory strategies

With an accompanying CD containing all of the worksheets and word lists for reproduction, *Helping Students Remember* is the first workbook of its kind for general psychologists, school psychologists, and special education teachers, offering practical, easy-to-implement, and evidence-based methods for working with children with memory impairments.



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