

PRACTICAL IDEAS FOR IMPROVING CONCENTRATION AND MEMORY IN LITERACY TASKS

Our memory is a filing system that needs organisation, labels and order. Many students say they have a bad memory. The real problem is that they do not use strategies that enhance long-term recall of their work. They fail to recognise that understanding is not the same as remembering.

The sooner your child identifies areas of uncertainty or confusion, the better.

Encourage your child to:

keep up with English assignments and assessment tasks:

- make daily 'to-do' lists
- make an assignment schedule for each week
- reward oneself for completing work.

review classwork each day:

- keep a notepad beside him/her as he/she reads to make notes or reminders
- create flash cards of main ideas or key points (with details on the back)
- make up study questions and test himself/herself
- create a board games of the main ideas in the topic and play it with a group of study friends.

take breaks while studying:

- if your child is not tired, he or she will focus more
- stand up after 20 minutes and walk around the room (while thinking about the topic)
- as our minds work in several ways, your child should use different techniques writing, note-making, use organisers (such as columns, lists, tables), drawing diagrams (such as mind maps), talking aloud (reciting).

study actively by:

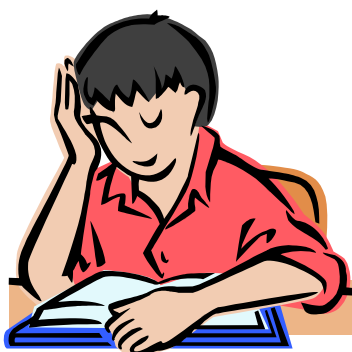
- finding the main ideas (create a mind map)
- organising the information and labelling the points
- paying attention to the main ideas and headings
- writing key words in the margin
- finding and numbering how many main ideas and headings there are
- finding how headings are related to one another
- using sub-headings, underlining, bold-face
- creating a terms list (or glossary)
- writing a chapter/topic summary in your own words
- testing himself/herself by saying aloud what he/she has learned
- covering a paragraph, diagram or page and saying aloud what it was about or writing some brief notes.



Daily review



Read, write and speak aloud



Look, cover, write and check your answer



Have a well-lit and comfortable workplace