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| **Rehearsal** | Activities such as repetition, practice, studying, underlining, and notetaking that help process information into long term memory by keeping it active. Rehearsal works for memorizing a phone number, the spelling of a word, the times tables, or lines in a script. |
| **Encoding** | Techniques that people use to memorize material that isn’t inherently meaningful but needs to be committed to memory. A common encoding strategy is the use of first letter mnemonics, such as ROY G BIV for the colors of the spectrum, or My Very Earnest Mother Just Showed Us Nine Planets for the planets in order from the sun. Other types of mnemonics include rhymes (for example, “Thirty days hath September...”) and the “method of loci,” in which you visualize a place you know very well (e.g., a room) and then mentally “place” the things to be learned around the room. |
| **Elaboration** | Activities such as paraphrasing, summarizing, or describing how new information relates to existing knowledge. |
| **Organization** | Activities that involve grouping or ordering items to be learned, outlining a passage, or creating a hierarchical list. |