

MEMORY

Emma Cravitz, Educational Psychologist

Table

Dress

Dog

Sun

Pencil

Cat

Moon

Hat

Ruler

Chair

Book

Star

Bed

Horse

Shoes

Categorise

Furniture	Stationery	Planets	Animals	Clothes
Table	Pencil	Sun	Cat	Dress
Chair	Ruler	Moon	Dog	Hat
Bed	Book	Star	Horse	Shoes

Add visuals...

Table



Chair



Bed



Sun



Moon



Star



Pencil



Ruler



Book



Hat



Dress



Shoes



Cat



Dog



Horse



Make a story

- The cat and dog went out at night and saw the moon and star.
- They saw a horse wearing a hat, dress and shoes.
- She was sitting on her bed reading a book.
-

Auditory memory game...

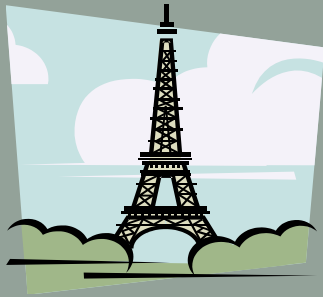
I went to the market and I
bought...

Long term memory



Procedural Memory is formed of learned skills involving co-ordination of physical movements such as writing your name or driving a car. Once established these memories last a lifetime.

Semantic memory



Semantic Memory is where we store items of information that we frequently use or are exposed to; the capital of France, 5+5, the name of the first woman prime minister. If this information is frequently used – retrieved from the memory store – it will last a lifetime. However it will become more difficult to access if it is not used.

Autobiographical memory



Autobiographical Memory is the store of facts and significant events from your life such as a wedding day, first day at school. It comprises lots of sensory memories of feelings, sound, smell, taste and sight. These stimuli make the memories very strong and they can be easily brought back by experiencing the same sounds (eg. songs), smells and other sensory stimuli.

Episodic memory



Episodic Memory records the details of particular experiences and only lasts for up to several days – the time that you need to store that particular information. For example remembering that your supermarket delivery is due at 10am tomorrow. Once the need for that particular memory has passed then it will fade.

Short term memory

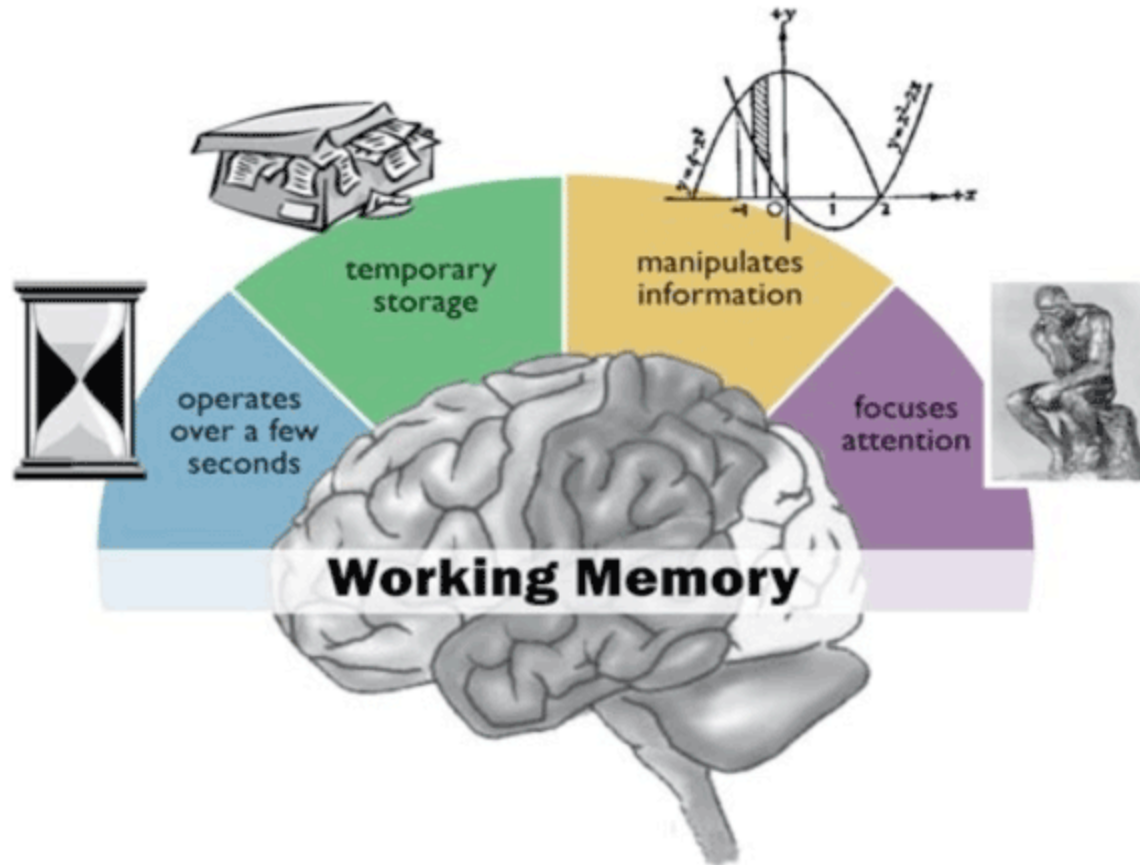
- Storage of information between 15 and 30 seconds
- An adult can hold 6-7 units of information
- It depends on what the 'unit' is and if it is meaningful.
- Auditory, visual and kinaesthetic
- Once information has been lost from working memory it cannot be recovered.
- Information from working memory can be lost when we are distracted.

Working memory

‘Working memory is the term used to refer to the ability we have to hold and manipulate information in the mind over short periods of time. It provides a mental workspace or jotting pad that is used to store important information in the course of our everyday lives’

(Sue Gathercole 2008).

Working memory



Examples of working memory

- Some examples of tasks that depend on working memory
- Following directions such as 'When you have put your maths books on my desk find your reading books and sit on the carpet'
- Hearing an unfamiliar word – such as in a foreign language - and attempting to repeat it several seconds later
- Adding up and remembering the total amount spent as you select items from shelves at the supermarket and add them to your basket

Children with poor working memory:

- Can be reserved in group situations
- Make slow progress in literacy and numeracy
- Have difficulty following instructions
- Have difficulty completing tasks
- Can appear to be inattentive and distracted
- Are often anxious and have low self-esteem
- Have a poor perception of themselves as learners

Can memory improve?

Yes!

How can I help?

- Teach specific strategies.
 - 1) Teach visualisation skills
 - 2) Get your child to teach you
 - 3) Memory games (with strategies)
 - 4) Category games
 - 5) Number directions
 - 6) Make connections

Other strategies for spelling

- Mnemonics
- **S**am
- **A**nd
- **I**sabel
- **D**ance
- Simultaneous Oral Spelling
- Neuro-linguistic Spelling

Thank you....

... for your participation.

Emma Cravitz, Educational Psychologist