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# I Forgot To Remember!

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# Introduction

Challenges to retaining information comes from poor working memory and focus, common traits of ADHD. The ADHD brain seeks novelty and brevity. These 5 strategies can help reduce the challenge.

## 1. Get Emotional

Positive emotions set the stage for learning. When you engage your emotions, you are more likely to remember information.

Introduce a topic by sharing stories with a character or circumstance that you can relate to. For example, when tackling the Mission Projects required of all California public schools, rather than just reading the facts online visit a nearby mission to bring positive association to the experience. The effect of a hands on “lab” will also further the memory of the facts since it won’t be a boring lecture or impersonal website. Or if there’s trouble memorizing math facts, relate it to a movie or book you’ve seen. Good feelings can motivate and engage memory and belief you can get through it.

## 2. Get Creative

Novelty helps ADHD people remember information. Introduce topics with brief demonstrations, using real objects and hands-on activities to attract attention. Research creative learning strategies like inserting a pencil through an orange to demonstrate earth’s rotation, or watch Youtube videos on sports accidents before learning about first aid or anatomy.

## 3. Use Sensory Cues

Studies have shown that the scent of peppermint enhances alertness and facilitates learning. Essential oils on cotton balls to pull out discreetly or sucking on peppermints while studying may boost retention.

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## 4. Create Mnemonics

These involve memorization but usually are more successful than just pushing through.

- **Acronyms:** Use the first letter of each word in a sequence to improve recall. For example, COW to remember western coastal states California, Oregon, Washington.
- **Acrostics:** Help a child remember by using phrases starting with the first letter of each item to be recalled. In science you can use the phrase **Kings Play Chess On Finely Ground Sand** to recall Kingdom, Phylum, Class, Order, Family, Genus, Species. For the algebraic order of operations in math, use **Please Excuse My Dear Aunt Sally** (Parentheses, Exponents, Multiplication, Division, Addition, Subtraction). In music, to remember the treble clef line notes from bottom to top, use **Every Good Boy Does Fine** (EGBDF). For geography, **Never Eat Soggy Waffles** (North, East, South, West) will sharpen a child's map skills. Acrostics let you know that you have remembered all of the items on a list.
- **Number-rhyme mnemonics:** Select objects that rhyme with the numbers 1-10. Example: 1 = sun, 2 = shoe, 3 = tree, and so on. To learn new information, a student visualizes the number rhyme interacting with the items to memorize. Example: The child needs to go to the bedroom and bring back three things: a pencil, a sweatshirt, and a library book. A student can picture a pencil catching fire from the sun, pulling a sweatshirt out of a shoe, and climbing a tree to retrieve a library book.

## 5. Get Moving

Movement while learning is sometimes all it takes to increase motivation and retention. Physical activity reduces stress and increases energy and can help information cross the midline of the brain so that it is shared by both hemispheres, increasing the likelihood the information shifts from short-term memory to long-term memory.

Use fidget toys, play catch while quizzing spelling words, do push ups and sit ups while rehearsing presentations