



TBH “NAMING NAMES” WORKSHEET

THE SCIENCE

Memory strategies have a powerful, lasting impact on our ability to retain information. Here are 2 memory strategies that can boost our name recall:

- *The Repetition Strategy*. The Repetition Strategy is a rehearsal approach that uses repeating the information to focus attention and build retention. To use the strategy to remember better, simply weave the name into a conversation or repeat it silently to yourself over time.
- *The Practice Strategy* involves rehearsing the name you are trying to remember at 4 points in the conversation:
 1. Spell the name
 2. Make a comment about the name
 3. Use the name at the beginning of the conversation
 4. Use the name at the end of the conversation

NOW DO IT!

Work together or on your own to apply the Practice Strategy to learn names.

TBH TAKEAWAY

The Repetition and Practice Strategies are two rehearsal methods that are easy to use and are proven to make remembering names a “no brainer.”

Join our next Total Brain Health class and learn more about the many ways we can build a better memory, together!