



TBH “LIST-O-MANIA” WORKSHEET

THE SCIENCE

Lists are a popular way to remind us of everything from errands to talking points, directions and even the order in which we need to do something. Here are 3 easy, but effective ways we can rev up our recall for lists.

Write It Down Strategy. The Write It Down Strategy asks you to do exactly that. When you need to remember a list, write it down!

Link It Strategy. The Link It Strategy works well when you need to recall a list in order, such as talking points or directions. You simply link the items on the list one to the other, in order. You can link them with a story or a visual image.

Chunk It Strategy. Break up a longer list into several shorter “chunks” and then learn the shorter grouping. For example, phone numbers or social security numbers are “chunked.”

NOW DO IT!

Work with a partner or on your own to “link” or “chunk” the following lists – one at a time.

LIST-O-MANIA LIST PROMPTS

<u>LIST 1</u>	<u>LIST 2</u>	<u>LIST 3</u>	<u>LIST 4</u>	<u>LIST 5</u>	<u>LIST 6</u>	<u>LIST 7</u>	<u>LIST 8</u>
9	4	Rat	Oak	1	Mark	Turn on the TV	Rose
7	U	7	Washburn	4	Cord	Turn on the cable box	Amber
5	T	9	Cushing	4	Ball	Find the remote	Lavender
4	3	Dish	Tyler	8	Plug	Press the guide button	Basil
8	7	Pod	Northrop	2	Top	Select your channel	
	G			3	Remote	Press the “Ok” button	
				2			
				8			
				3			
				4			

TBH TAKEAWAY

Strategies to remember lists are effective ways to boost recall for what you need to remember.