

- What am I learning about?
- Did I understand the lesson today?
- What links can I make to things I already know?
- Do I take short brain breaks when I need them?
- Do I ask the teacher to repeat instructions when I can't remember them?
- Could I write instructions down, or use a task tick sheet to help me remember what I have to do?
- Did I notice when my attention was wandering?
- What do I need to practise or rehearse to make sure I will remember my learning? I could try:
 - Expanding rehearsal
 - Scripted cooperation
 - Memory cards
 - My study pack
 - A mnemonic
 - Mind map

Figure 2.12 Memory strategies questions



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