








STUDY TIPS : WORKING MEMORY

Working memory is our immediate, conscious awareness of the world around us. It helps keep track of what we are doing, solve problems in our heads, and remember information that we just saw or heard long enough to react to or learn that information appropriately. People with weaker working memory tend to be forgetful, struggle to follow multi-step instructions, and lose track of what they were doing or the information in their minds.

Below are some strategies for how you can help your child build their working memory skills:

-  Teach your child to use memorising strategies to hold onto information longer in their minds. These strategies include chunking, rehearsing, subvocalising, mnemonics, pegging/association.
-  Give your child information through as many of their senses (e.g., hearing, vision, touch) as possible. This could mean presenting information with your words, on a list, and having your child write the information down.
-  After you've finished giving information, ask your child to tell you what you said. Paraphrasing is important to help them remember the information for longer as well as to identify what was forgotten and needs repeating. Paraphrasing can be helpful to remember written text too.
-  Create lists and reminders for all of the important tasks that need to be completed. Encourage your child to create these for themselves.
-  Heightened emotions (e.g., worries, upset, anger) can reduce how much information a person can take in and retain. Help your child regulate their emotions to a state of calm neutrality before telling them important information that you would like them to remember later.
-  Before providing your child information, alert them to what they will need to pay attention to most (“*I need you to listen for...*”)
*“I need you to listen for **WHEN** and **WHERE** I am picking you up from camp today. I am picking you up at **4:30pm** at the **McDonalds**. When am I getting you? Where am I getting you from?”*
-  Use graphics organisers to document important information in a chunked, organised, “bite-sized” way. Keep these visuals somewhere that your child can easily see or access.