

Working Memory: Ability to hold information in mind for a short time while performing some operation upon it.

– Nancy Mather & Richard Woodcock



Memory difficulties are not always a sign of a learning disability. They can be associated with other conditions and disabilities:

- *Lack of sleep*
- *Brain Injuries*
- *Depression*
- *Other health problems*

Contact Disabled Student Programs & Services at 395-4334



Do you have trouble
with your
Memory?



Bakersfield
COLLEGE

Bakersfield College

Disabled Student Programs & Services
FACE Building – Room 16
1801 Panorama Drive
Bakersfield, CA 93305
(661) 395-4334 V/TTY

Joyce Kirst, Learning Disabilities Specialist
<http://www2.bakersfieldcollege.edu/jkirst>



MEMORY

Trouble remembering what you just read?

Need to ask people to repeat things?

Hate taking notes in classes?

Could be a Memory Deficit.

Could be a sign of a Disability.

QUICK QUIZ

Answer YES or NO.

1. I can't remember a phone number without looking back several times.
2. After reading a paragraph, I must re-read it to comprehend its meaning.
3. When taking notes in classes, I miss important facts or concepts.
4. I often forget people's names.
5. I don't trust my memory with important information.

YOUR SCORE:

If you answered YES to:

- | ITEMS | Your Memory Is |
|-------|----------------------------------|
| 0 – 1 | Excellent. Keep it up! |
| 2 – 3 | Challenged. You may need help. |
| 4 – 5 | Very Weak. Get help <u>now</u> . |

HOW TO IMPROVE YOUR MEMORY

- Use Associations – Pair new facts with familiar information. (Person named Carol, think “she sings carols”)
- “Brain Dump” – Write things down. On tests, write facts at top. Tape record ideas as you write essays.
- Repeat – then repeat again.
- Picture it – A picture is worth 1000 words. Put names from history on a date chart.
- Test backwards – If you can spell something backwards, you know it well enough to use it forward.
- Build confidence – Say to yourself “that’s easy to remember because...”, then state your association or image.
- Use colors – categorize information by color (or highlighter).

A great memory does not make a philosopher, any more than a dictionary can be called a grammar.

– John Henry Newman (1801–1890)

OTHER TIPS

Study in groups – Choose a few classmates for a study group. Sharing the memory of others can build yours, too.

Study in short, frequent sessions – Start each study session with a review of the previous information you learned.

Memory is fleeting, but knowledge lasts forever – Don’t just memorize facts; learn them. Later you can use your powers of reason to get the correct answer even if you forget some details.

FOR MORE INFORMATION

If you are concerned about your memory and want to know if it is related to a disability, contact Disabled Student Programs & Services. Students who are enrolled at Bakersfield College may request free Learning Disability Testing.

Disabled Student Programs & Services

FACE-16 • 661-395-4334

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