

Box 52.1. Using Memory Strategies

Use this form to reflect on and record your progress in learning and using memory strategies for your day-to-day tasks. Think about how well the strategy worked, and whether you would change anything next time. We provide a couple of samples below, to show you how to use the form.

Event	Strategy used	Success of strategy	Next time....
I left home and couldn't remember whether I had closed the garage door.	Routine: I held the remote control in my hand as I walked out the door and got into the car.	Didn't work. I put down the remote to find my keys and forgot to pick it back up.	I'll keep the remote in my hand until the door is closed. Also, next time I'll try "see it and say it."
I needed to memorize the number for my new bike lock.	Retrieval practice: I repeated the number 6 or 8 times over a few minutes.	Seems to be working 3 hours later. I'll need to repeat it a few more times to make sure.	I would use spaced retrieval again. Also, I'll look to see if there is an obvious pattern.

Event	Strategy used	Success of strategy	Next time....

From: Anderson, N. D., Murphy, K. J., & Troyer, A. K. (2024). *Living with mild cognitive impairment: A guide to maximizing brain health and reducing risk of dementia*. Oxford University Press: New York. pp. 395-396.