

## HELPING ELEMENTARY STUDENTS BOOST THEIR MEMORIZATION SKILLS

*by:*

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Having a healthy mind and body is very essential in a child's overall development. A healthy mind helps every child perform better at school, thus, giving them a lot of opportunities to acquire knowledge. However, in order to apply their acquired knowledge, they should be able to retain those information and memorize such lessons to measure the amount of learning they have gained in class.

There are several strategies that can help boost memorization skills for elementary school students. Here are a few suggestions:

1. Repetition. Encourage students to repeat information out loud or write it down multiple times. This can help the information stick in their memory.

2. Chunking. Break down information into smaller and manageable details. This can make it easier for students to remember the information.

3. Mnemonic devices. These are memory aids that help students remember information by associating it with something else. For example, using the colors of the rainbow also known as ROYGBIV (red, orange, yellow, green, blue, indigo, and violet.)

4. Visualization. Encourage students to create mental images or visual representations of the information they are trying to remember. Through this, it can help them remember the lessons you have just discussed.

5. Practice. Give students plenty of opportunities to practice recalling information. This can help strengthen their memory and make it easier for them to remember the information in the future.

6. Use games and activities. Make memorization fun by incorporating games and activities into the learning process. For example, you could create a memory matching game using flashcards or play a trivia game with questions related to the material.

It's important to remember that different strategies work better for different students, that is why it's a good idea to try out a variety of approaches to see what works best for each individual student.

Additionally, it's important to make sure that students are getting enough sleep, exercise, and proper nutrition, as all of these factors can impact memory and learning.

## References:

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