***10 Methods for Memory Retention***

1. **Acronyms**  
   Definition: words from the first letter of other words  
   E.g.: NASA for the National Aeronautics Space Agency

2. **Acrostics**  
   Definition: sentences using words that begin with the first letter of whatever you want to remember.  
   E.g.: "Every Good Boy Does Fine" for the musical staff: egbdf

3. **Rhyme**  
   Definition: short poems to remember concepts or groups of related information  
   E.g.: the old spelling rule - “I before E except after C or when a long A as in neighbor and weigh.” Or the twelve pairs of cranial nerves – “On Old Olympia's Towering Tops, a Finn and a German Vault and Hop” for Olfactory, Optic, Oculomotor, Trochlear, Trigeminal, Abducens, Facial, Auditory, Glossopharyngeal, Vagus, Accessory, Hypoglossal.

4. **Rhythms or Songs**  
   Definition: using known melodies or rhythms (or made up ones) in conjunction with concepts, lists or grouped information.  
   E.g.: “Mi-ss-I-ss-I-pp-i” for spelling Mississippi or “A, B, C” song for remembering alphabet.

5. **Physical/Tactile**  
   Definition: associate parts of body or physical objects with information to be remembered  
   E.g.: knuckles on hand for number of days in the months of the year or tying a string around your finger to remember something.

6. **Grouping**  
   Definition: break the material you wish to remember into parts rather than an unrelated whole  
   E.g.: long numbers such as social security number or phone number.

7. **Coincidental Association**  
   Definition: use of something familiar that reminds you what you are trying to remember  
   E.g.: David Cobb—reminds you of corn on the cob to remember his name.

8. **Coined Words**  
   Definition: make up nonsense with first letters of things you want to remember; similar to acronym but these are recognizable words.  
   E.g.: “Roy G. Biv” for colors of the visible spectrum or “HOMES” for the Great Lakes (Huron, Ontario, Michigan, Erie, Superior).

9. **Method of Places**  
   Definition: Imagine a familiar place and associate what you need to remember with objects/areas in that place.  
   E.g.: your room, your walk to school, etc.

10. **Grid**  
    Definition: a combination of link and loci methods  
    E.g.: Imagine a familiar place which is a room with four walls and a floor and ceiling. Mentally lay nine square grids on each wall. Start an imaginary trip through the grid (around the wall, etc.) linking what you want to remember to the things in each square of the grid. Then proceed to the next grid (wall, floor, etc). You can remember 54 things for each room with this system.