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Nota di contenuto	Helping Students Remember: Exercises and Strategies to Strengthen Memory; Contents; Acknowledgments; Introduction; General Directions and Principles; Optional Pre- and Post-Tests; Lesson-by-Lesson Directions; Lower Level Workbook; Lesson 1: Introduction for Students; Lesson 2: Thoughts and Feelings About Memory; Lesson 3: How Memory Works; Lesson 4: Memory Strengths and Weaknesses; Lesson 5: Memory Beliefs; Lesson 6: Memorization Methods; Lesson 7: Memory Strategies Survey; Lesson 8: Goals for Improving Memory; Lesson 9: A Memory Experiment; Lesson 10: Review and Reflections Lesson 11: Repetition Lesson 12: Repeating Written Information; Lesson 13: Using Repetition to Study Spelling; Lesson 14: Chunking; Lesson 15: Review of Repetition and Chunking; Lesson 16: Using Chunking to Memorize Spelling; Lesson 17: Putting Words Into Sentences and Stories; Lesson 18: Comparing Memory Methods; Lesson 19: Using Arithmetic to Build Memory; Lesson 20: Using Cards to Build Memory; Lesson 21: Remembering Locations to Build Memory; Lesson 22: Picturing Verbal Information; Lesson 23: Naming and Describing What

You See; Lesson 24: Grouping Words by Category

Lesson 25: Imagining Yourself in the Scene Lesson 26: Using Locations to Remember Information; Lesson 27: Pegword; Lesson 28: Review and Reflections; Lesson 29: Using Study Cards; Lesson 30: Thinking About the Information; Lesson 31: Remembering What You Read; Lesson 32: Creating and Using Review Sheets; Lesson 33: Testing Yourself; Lesson 34: Study Skills That Help Memory; Lesson 35: Using Music to Remember; Lesson 36: Review and Reflections; Lesson 37: Remembering to Do Things; Lesson 38: Memory Aids; Lesson 39: Creating and Using a Memory Book; Lesson 40: Plans for Using Memory Strategies

Upper Level Workbook Lesson 1: Introduction for Students; Lesson 2: Thoughts and Feelings About Memory; Lesson 3: How Memory Works; Lesson 4: Memory Strengths and Weaknesses; Lesson 5: Memory Beliefs; Lesson 6: Memorization Methods; Lesson 7: Memory Strategies Survey; Lesson 8: Goals for Improving Memory; Lesson 9: A Memory Experiment; Lesson 10: Review and Reflections; Lesson 11: Repetition; Lesson 12: Repeating Written Information; Lesson 13: Using Repetition to Study Spelling; Lesson 14: Chunking; Lesson 15: Review of Repetition and Chunking; Lesson 16: Using Chunking to Memorize Spelling

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Sommario/riassunto

A hands-on memory-training program for children and adolescents featuring dozens of practical, evidence-based memory exercises A practical workbook designed to assist students whose academic learning is suffering due to a memory deficit or ineffective utilization of their memory capabilities, *Helping Students Remember* provides numerous strategies and methods to strengthen memory, including chunking, organization, keyword, self-testing, pegword, loci, and mnemonics. Drawing on the author's extensive training and experience, this useful resource presents effective techniques
