

## 5. Chunking and Linking

# Chunking & Linking

Easy tools to aid your memory



## Seven Helpers For Improving Your Memory – Color Coded

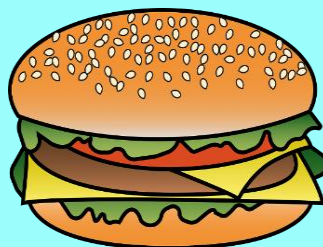
1. Prompts – for Long-Term Memory Recall (FLIP PART)  
Pink for the Past
2. Pegs – for Short-Term Retention & Recall (1=Gun, 2=Shoe...)  
Orange for Originate
3. Poka-Yokes – for Automatic Memory Lapses (Sticky Notes)  
Yellow for Yokes
4. Pictures – for Names & Faces (“Mar the piano if you lean”)  
Green for Gregarious
5. Mnemonics – for easy reminders (HOMES)  
Lime Green is a good color
6. Chunking and Linking – for remembering things that are related to each other  
Blue is how you feel if you forget them
7. Miscellaneous- for general topics (diet, exercise, tips, etc.)  
White is for general, uncolorful topics

Chunking and Linking - Two common ways to help your memory.

Chunking means to put together similar things and remember them as a group rather than individually. For example, if you are trying to remember the names of the people in a group, it is usually easier to remember married couples than single people, and easier for brothers and sisters, again for having the same last names. And perhaps there are two Bobs or two Marys, so they can be chunked together in your memory

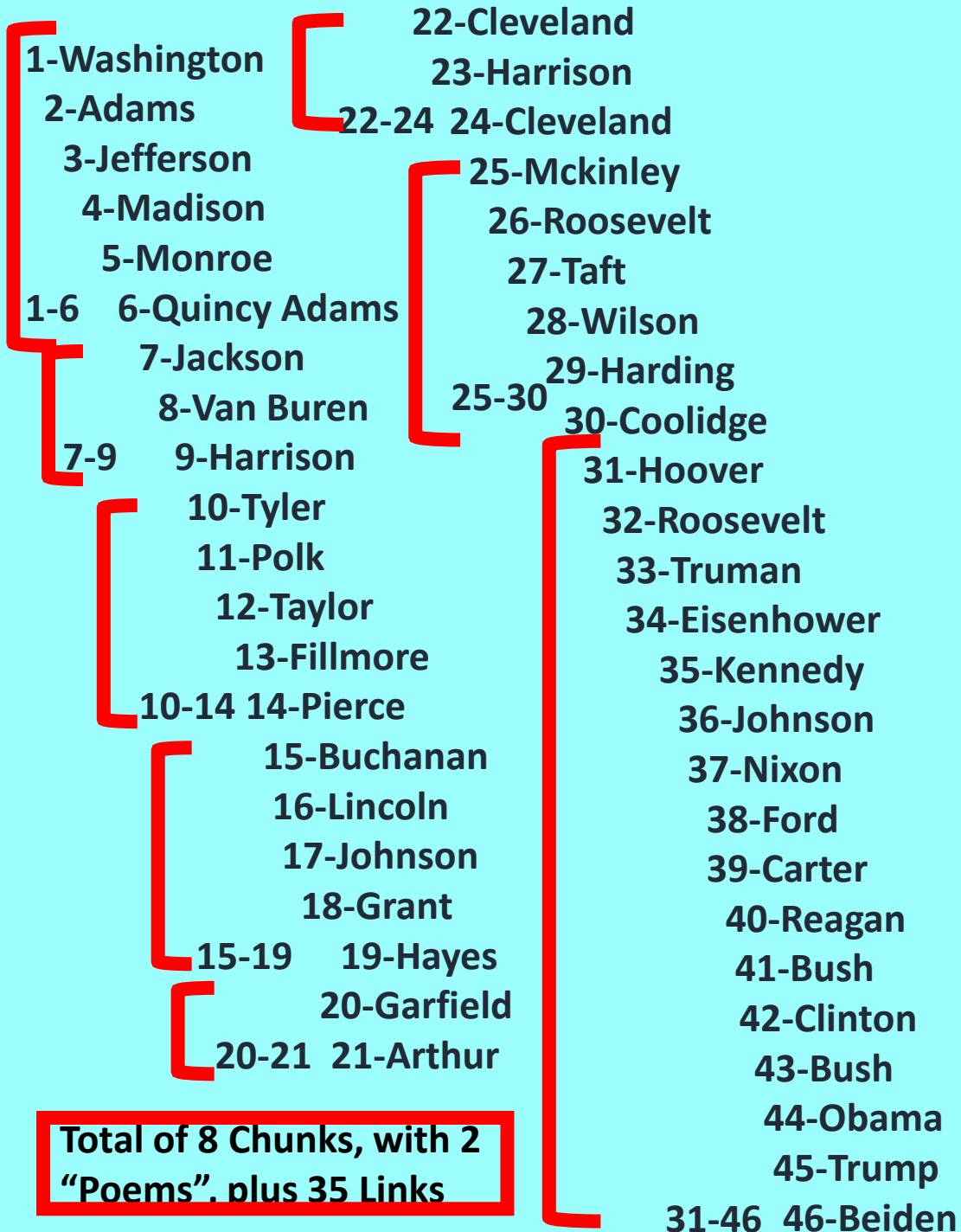


Linking is similar except now you are linking items in a sequence, such as hamburgers + buns + cheese + lettuce + tomato. So if you are going shopping, then if you remember the hamburgers, the rest of the items just follow along because they are linked together.



# CHUNKING & LINKING

## Remembering The Presidents (Not Memorizing)



# England's Royal Family

Elizabeth II

Philip



Charles

Camilla



James Hewitt

Diana



Kate

William

Louis

Charlotte

George



Meagan

Harry

Archie

Lilibet

**The End**