

Remembering a number

Instruction

There appear to be more and more numbers to remember in everyday life – telephone numbers, passwords, PIN numbers, burglar alarm numbers, and car registration numbers. How do we remember them all?

There are a number of basic strategies, which may aid recall:

- **Chunking.** Break the number into chunks or sections. For example the phone number 9296471, becomes (9), as all numbers in this town start with that, then (296), and then the extension, which is (471).
- **Association.** The last three numbers of my mobile telephone are 303, which is easy to remember because the A303 is the road to the West Country. Make association.
- **Using a rhythm.** Add music to the number. If you can make the number more 'singalong', sometimes you can hear it in your head.
- **Imagining the pattern.** If you have to press number keys, it is sometimes easier to remember the pattern or movement of your fingers rather than the number.
- **Storing securely.** Store numbers securely in an address book or mobile phone.
- **Personalising your PIN number.** Have all your PIN numbers the same, or linked to the date of your birthday.
- What other strategies could you use?

Task 1: What strategies do you use to remember important numbers?

Task 2: Practice creating a memorable password for your computer, with six digit and two numbers that you will remember.

Task 3: Identify an important telephone number that you would like to remember, and work out a way of remembering it.

How did you find this exercise? Easy OK Hard What strategies did you use?