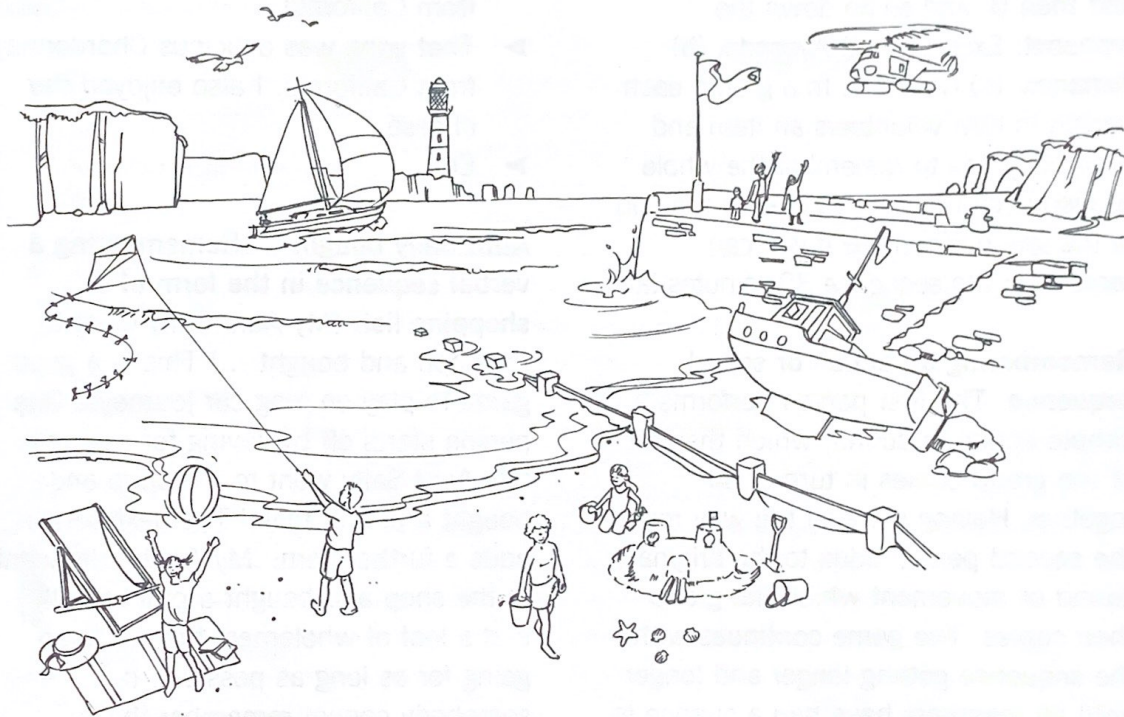


Remember a picture: Part 1

Instruction

Study the picture below, for one minute. Next, cover it up and try to remember what was on the picture. Use strategies such as chunking (breaking the picture into areas), linking, making associations, creating a story, visualising, asking questions, and rehearsing, to remember all the details. Then try to recall as much as possible immediately and 30 minutes later.



What strategies did you use to complete this exercise?

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