

How Do We Code Information?

The first step in retraining memory processes is to determine the primary strategies a client uses most successfully. There are three main systems we use to code and learn information. The systems are *visual*, *auditory*, and *kinesthetics/feelings*. Even though we have the ability to use all three systems, each person has one system that is strongest. Determining which system is your client's strongest will greatly aid you in being able to help her retrain her memory.

A person who learns *visually* codes things in her memory with pictures (either "snapshots" or entire "movies"!), graphs, colors, and so on. A person who learns *auditorily* uses words, stories, and dialogues to code information. A person whose *kinesthetic* system is strongest learns and codes with movement and feelings. Kinesthetic learners watch and imitate with their hands by actually doing the activity. Since it is difficult to simulate that kind of learning with pen and paper exercises, this book will focus primarily on visual and auditory systems. But, as stated earlier, people have a capacity to use all three systems, so even if a client's primary system is kinesthetic, doing the tasks in this book will help retrain all her systems.

The chart on the next page will help you determine which system appears to be your client's strength. Hopefully it will also help you learn about your own preferred system. By identifying your own system, you will have a greater awareness of how to help those who have a pattern similar to your own and help you to shift to a different system in order to assist someone who learns and codes information differently from yourself.

Recalling Boxed Information

Exercise 17

Create Your Own

Use this page and the sample directions to create your own practice items.

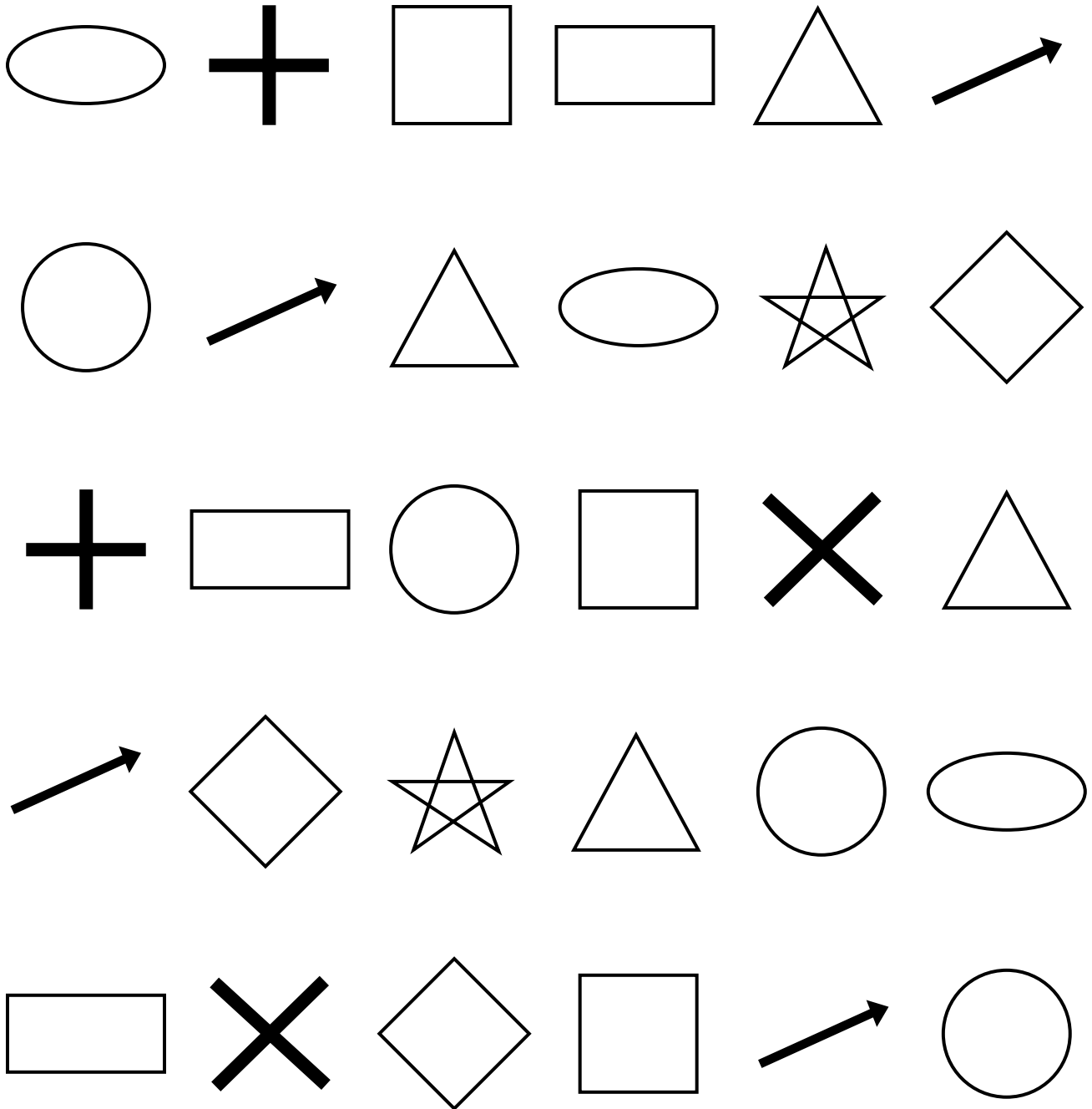
Have your client study the _____ in the box on the left. Do only one box at a time. Ask your client to take her time and create a strategy to remember the _____ and where they are located in the box. When your client feels she has accurately coded the information, have her cover the box and reproduce the _____ in their correct positions in the box on the right.

Memory for Shapes and Pictures

Exercise 6

Remembering Shapes – 6 Figures

Have your client study each line of shapes and use a strategy to code it. When your client feels he has the line memorized, have him cover the shapes and name them or draw them on another sheet of paper.



Memory and Mental Manipulation

Exercise 10

Size – 3-4 Words

Read the words to your client. Have her identify the smallest item on the list.

1. basket, bucket, mug
2. shovel, fork, broom
3. lamp, lightbulb, spotlight
4. shower, bathroom, kitchen
5. needle, scissors, pencil
6. frying pan, plate, teacup
7. mosquito, grasshopper, wasp, roach
8. umbrella, grape, cloud, orange
9. toaster, microwave, can opener, soda can
10. cat, goat, sheep, horse
11. wallet, credit card, grocery bag, suitcase
12. flashlight, tent, sleeping bag, match
13. book, postcard, magazine, letter
14. hammer, handsaw, crowbar, shovel
15. jacket, boot, shoe, raincoat
16. ostrich, robin, eagle, hummingbird
17. airplane, bicycle, train, car
18. pen, ruler, paper clip, pencil
19. box, stamp, paper, envelope
20. grape, pineapple, orange, apple