Memory Aids Exercise

Part One

a. Study the list of words for five minutes.
b. Cover the page so you cannot see the list.
c. On a separate sheet of paper, list as many words as you can remember in one minute.
d. Stop when time is up. Compare your list with the original list.

Word List I

1. Anemia
2. Bacteria
3. Weight
4. Circulation
5. Digestion
6. Metabolism
7. Cholesterol
8. Antibiotic
9. Nutrition
10. Biofeedback

Part Two

a. Using the second list of words, make up a mnemonic or a story using the words.
b. Write the mnemonic or story on paper or type it on the computer.
c. Put the mnemonic or story you have written away.
d. On a new sheet of paper, list as many of the words as you can remember from the original list using your mnemonic or story.

e. You have one minute. Compare your list to the original list.

**Word List II**

1. Dietary supplements
2. Vegetarian
3. Vitamins
4. Protein
5. Food additives
6. Sodium
7. Antioxidants
8. Calcium
9. Niacin
10. Riboflavin

**Part Three**

a. Compare the results from Part I and Part II.

b. Which method works better for you? Why was there a difference in your results?