



kpc
HEALTH

GLOBAL MEDICAL CENTERS

WRAP Memory Strategy



Write it Down

Easiest way to remember information, you no longer have to store it! Important to remember where you wrote it down. Can include writing in your phone, recording a message, and alarms.



Repeat it

Great strategy for short information that you don't need to remember for too long. For example, if you have a hard time remembering names, try to work the person's name into conversation.



Associate it

This is a way to assign meaning to information you want to remember.

1. You can connect what you want to remember with something you already know.
2. Categorize information: For example instead of remembering that you need apples, milk, butter, bananas, and cheese, try thinking of 2 fruits and 3 dairy products.
3. Use the alphabet: If you have a long list of words, try to put them in alphabetical order.
4. Acronym: Just like WRAP



Picture it

Take time to make a picture in your head and zoom in on details. This will give you a better chance to recall information later, since it encourages increased attention.



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