

# Memory and Organization

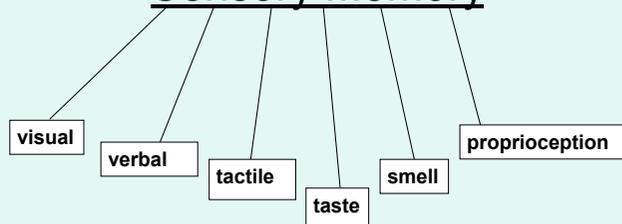
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## Being organized means having a good memory and good attention

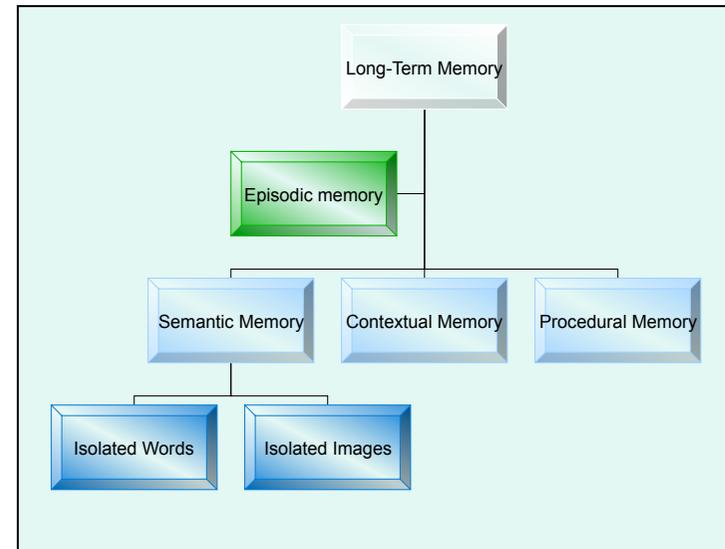
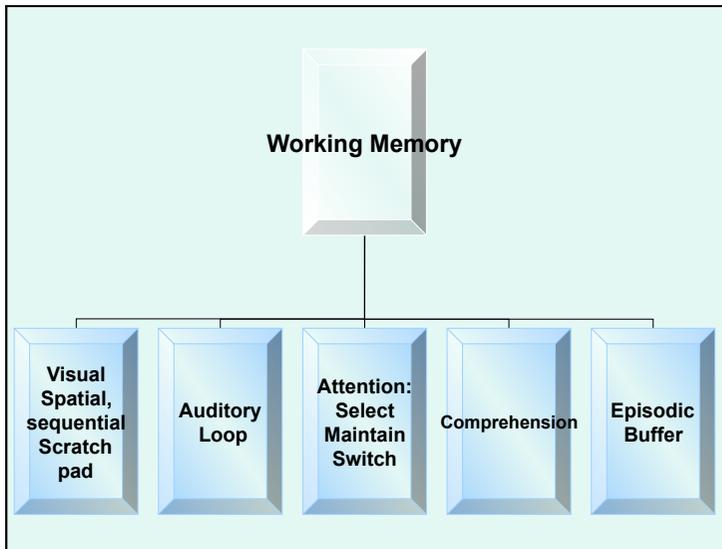
- Sensory Awareness/Memory  
↓
- Short-term memory  
↓ ↑
- Working Memory  
↑ ↓
- Long-term memory

## Sensory Memory



## Short-term memory





## ADHD and Organization

- ADHD is a working memory problem
- Working memory includes attention
- Attention includes; selecting, maintaining focus, switching focus
- ADHD is a switching problem
- ADHD people switch too soon, and too frequently before the information gets to LTM
- Result: Information loss and disorganization - no memory of what needs to happen next

## ADHD and Organization

- Sensory memory: They don't pay attention to auditory information. They're not disorganized – they just haven't heard.
- Use a 3-D model
- Use lists – move their location frequently
- Create a multi-sensory procedure
- Context will make them more disorganized
- They are bottom-up learners

## Dyslexia (auditory perceptual difficulties) and Organization

- Sensory memory: They don't pay attention to visual information
- Short-term memory is normal
- Working memory: They can visualise well but their auditory loop is weak
- Semantic LTM is weak for isolated words & symbols but good for isolated images

## Dyslexia and Organization

- Avoid lists and procedures
- Relate everything to context
- They need a context before they can remember unrelated sequences like the months of the year
- Or when their history essay is due
- Or where they put their soccer shirt
- These are all isolated facts
- This is why their drawers look like a waterfall of clothes
- They are top-down learners.

## How is context related to organization?

- Dyslexics are good at visualizing – use this ability to help them organize
- Context can be a physical location or a visualized physical location
- Dyslexic students need a whole year planner on their wall so that they can see a visual representation of this abstract list of dates.
- The wall planner needs to be colour-coded.
- The wall planner will give meaning and provide context to this abstract list of isolated facts.

## Average student and organization

- The average adult can remember  
7 facts +/- 2 in STM
- The average child has a smaller capacity
- This includes everything that they are thinking about, not only school work
- Reduce instructions to 5 at a time for primary age children
- Debrief before beginning tutoring
- Use a memory minder