

Sample Memory Aid Content

The type of mnemonic devices used on a memory aid varies from student to student. Below you will find sample content that can be typically found on a memory aid. Memory aid content may represent learned information through some of the following ways:

Personalized Phrases

Example 1: To remember the meaning of the philosophy of “Hedonism, (to maximize pleasure and minimize pain):

“H = 100% Yay; 0% Ouch”

Example 2: To remember Maslow’s Hierarchy Needs –physiological, social and the “I”, representing personal:

“P.S. I Love You”

Images

Example 3: To remember the name of the 50 US States:



Example 4: To remember the meaning of “cluster sampling data” as a form of research:



Short Form Words

Example 5: To remember a group of related terms, such as Behaviorism, System Theory and Conflict Theory

Bhvrsm., Sys.Th., Con.Th., etc.

Lists

Example 6: To remember the order of steps in the Scientific method:

1. Survey
2. Observe and
3. Experiment

Example 7: To remember the 50 US States in order (Alabama, Alaska, Arizona, Arkansas, California, Colorado, Connecticut):

Active
And
Alert
As
Cars
Came
Closer

Acronyms

Example 8: To remember the anatomy of the human scalp: Skin, sub-Cutaneous Tissue, Aponeurotic, Loose Skin and Periosteum

S.C.A.L.P.

Example 9: To remember the term “Anti-Oppressive Practice”:

A.O.P

Formulae

Example 10: To remember the variables of a mathematical formula:

$$y = MX + b$$

$$L = |4p|$$

Key Terms

Example 11: To remember a group of related terms to elaborate on for an Environmental Science essay test:

Carbon Footprint
Carbon Neutral
Paris
Greenhouse Gases

(Adapted from handouts used at Humber College, Washington State University, Seattle Central, Oregon State University, Fanshawe College)

Full resource from University of Idaho Center for Disability Access and Resources [Linked here!](#)