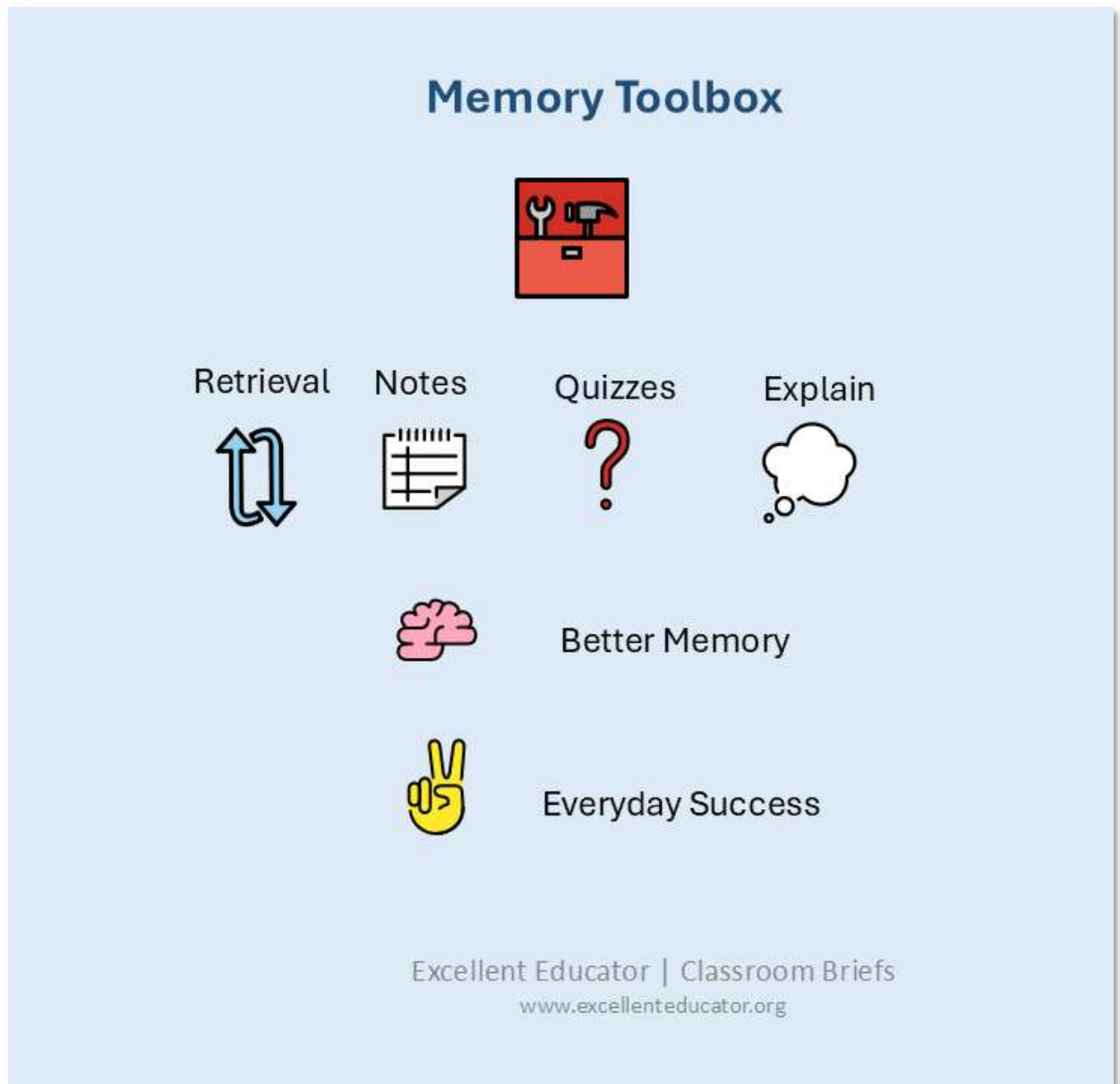


Memory Is a Toolbox of Strategies

The right memory tools help learning last longer.

Excellent Educator, 3(15), 7-8, 2026



💡 Visual Insight

Just as tools solve different problems, different memory strategies help learners remember more effectively.

Research in Brief

This study evaluated a structured cognitive intervention programme combining memory strategies, cognitive exercises, metamemory training, and real-life practice. Participants improved their memory, processing speed, verbal fluency, mood, and everyday memory performance. The findings suggest that memory becomes stronger through the regular use of effective strategies rather than passive repetition alone.

✓ Try Tomorrow

- Teach one memory strategy alongside new content.
- Ask students to explain how they remembered an answer.
- Include frequent retrieval activities that connect learning to everyday situations.

★ One Key Takeaway

Effective memory is built by practising strategies, not by relying on memory alone.

Keywords

Memory strategies, cognitive intervention, metamemory, retrieval practice, memory improvement

Original Research

Montenegro-Peña, M., Montejo Carrasco, P., De Andrés Montes, M. E., García Marín, A., Montejo Rubio, B., & Prada Crespo, D. (2025). *Everyday Forgetfulness and Memory Complaints: A Randomized Controlled Cognitive Intervention Study*. *Educational Gerontology*, 51(1), 39–56.