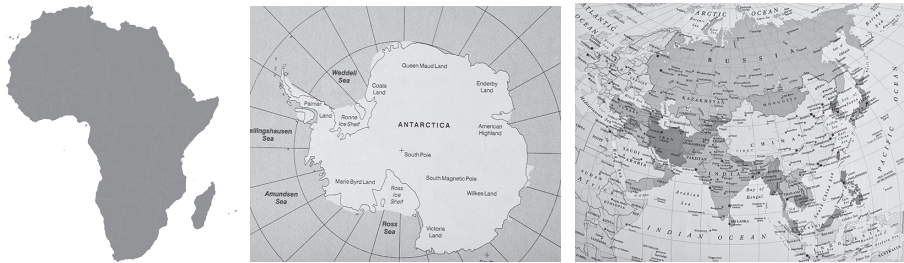


FIGURE 2.3 ABC Memory Strategy Process

The strategy card for ABC Memory Strategy summarizes the steps of the process.

ABC Memory Strategy



The image contains three maps. On the left is a silhouette map of the continent of Africa. In the center is a map of Antarctica showing various landmasses and seas, including Weddell Sea, Ross Sea, and the South Pole. On the right is a map of Asia showing major cities and geographical features.

- **Read** the letter (A) and the continents.
- **Say** the letter (A) and the continents.
- **Look** at the letter and from memory, state the continent.
- **Put the card out of sight** and think about the letter and the continents associated with the letter.
- **After successfully learning the first card**, proceed to the second card.
- **Continue** until you have learned the information on all seven cards.
- **Commit** to memory the new cards, reviewing all cards learned each day.