

Tips For Creating Memorable Ques to Use in Remembering Names



Here are some tips or strategies you can use to create memorable cues or hints to rehearse to help you remember new or unusual names.

Principles & Tips:

1. **Relate or associate** a new or difficult to remember name with someone or something that sounds the same or similar but which is easier to remember. For example, if you meet an Alexander, you may imagine him on Jeopardy with Alex, Trebec or Alexander Graham Bell (holding a telephone). Or you might imagine him in a Lexus, with a Large Lexus symbol on the side, or with an owl (Al) who licks his plate after eating, i.e. **Al (owl) licks** his plate clean. Or Licking his Lexus all over – (All Lex)
2. **Use Concrete images.** It's easier to remember concrete objects or things that you can visualize or picture in your mind. For example what kind of an image does Michael bring to mind? You might know someone named Michael, or simply imagine this person holding a large Mike that he talks into. If his last name is Miller you might imagine him working at a mill or standing in front of a windmill. For someone named John Poulsen. You may want to imagine a friend of yours or a famous person named John, and a smaller version of him (his son), trying to climb a flag pole.
3. **Make the image or association Extraordinary.** It's easier to remember uncommon things, so make your associations extra large or unusual, or odd. Holding a very large Mike, is an example while licking a Lexus, or climbing a flag pole would be examples of unusual.
4. **Try Rhyming.** It may help to find similar words that rhyme – like Ed doing something with a closer friend of yours named Fred. Repeat Ed and Fred in your head a few times, and the association will likely stick. So when you see or just visualize the person and imagine your friend Fred it will remind you of Ed. Or you can imagine a short scenario, wherein your friend Fred meets this new guy and says, "Hi Ed I'm Fred. My name rhymes with yours." Or you might imagine Ed all dressed up in, or painted in Red. And saying. "Look at Red Ed!"
5. **Take Time.** Sometimes it's hard to come up with a good memorable hint, but just spending time writing these down and trying different associations will help you remember their name.
6. **Rehearse the Associations.** While these concrete, or extraordinary associations can be very memorable it's always wise to rehearse them several times. Starting, not with their name but, with your Who's Who questions, like who is that new tall bald headed guy from Idaho? Then try to think of the person or object you have associated him with, or rhymed his name to with.
7. **Use that name** in conversation or practice recalling it later that day, at least 3 times and then again the next morning afternoon and evening, go over these again, starting with your Who's Who list.

Your Name Rehearsal Notebook

Here are a few tips for creating your name rehearsal notebook.

There is some evidence that writing these out by hand may be more memorable than typing them up, but you can do either, whichever is easiest and you are most likely to use.

We suggest using a regular inexpensive 6 x 9 inch Steno Notebook. It may or may not have lines down the middle. The first page is called the **Who's Who** page. On this page you will want to write down a description of the people whose names you want to remember. For example:

Who's Who

- 1) The new tall 6'4 guy in our Bible study group, he comes from Idaho
- 2) The young woman with short hair from CA in my quilting class
- 3) The short chubby guy who just moved into apt 412

Then on the next page note their number #, name and any hints to help remember that name. For Example:

1) Dale Booth

Imagine him in a voting **Booth** with **Dale** Evans (Roy Roger's wife) with Roy Rogers and his horse standing outside the booth watching.

2) Hillary Lungstrom

Visualize her with **Hillary** Clinton, or climbing a **hill** and under her arm she has a **lung**, that she is **strumming** like a guitar.

3) Ed Foster

See Ed who is well read, all dressed up in Red. Or a friend of yours names Fred, introducing himself to Ed, noting: "Hi **Ed** I'm Fred. My name rhymes with yours. I understand you were a **Foster** child." And Ed replies, "No I was not that kind of a **foster** child, my last name is **Foster**, and my father fostered good reading habits. So I'm well read **Ed Foster**." Lol

