Exercise # 1

1. Create a scent canister with a drop or two of scents (e.g. vanilla, peppermint) on cotton balls

2. Label each scent container

3. Have an additional set of canisters/files of music cartridges with a variety of your choice (e.g voice or instrumental)- listen no more than 5 minutes

4. Pair the scents with the music over a week or two; then see if you can recall the music by smelling the scent or vice versa.

5. Every couple of months, change the music/scents

Exercise #2

1. Warm up mental arithmatic: count back from 100 to 75

2. Add the numbers together: 63 +39; 54 +188

3. Subtract the following numbers: 561-472, 853- 258

Exercise # 3

1. Practice repeating a 3 or four digit number several times; then add an additional set of 3 or 4 digit number, paying attention to the what number end the first set and what number begins the second set.

2. Rehearse the numbers you wrote by saying them a loud to yourself or to someone else.

3. If you have not made any mistakes in your memory recall, then you can proceed to add additional sets of number groups until the desired mastery of 16 to 20 digits.

Note: chaining or associtive cueing is useful for learning new routes or behaviors. These links create steping stones to learn new route or behaviors by gradually increasing the length of the chain.

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