

Learning to Learn: Loci

Reminder:

The word loci comes from the Latin *locus* which means “place.” The words *local*, *locate*, *location* and *located* all come from the word *locus*. Picture a place in your head that you know well and imagine the things that you need to remember placed around it. Tell yourself a little story and add some detail or maybe draw the scene if you like. It’s important that you use somewhere that you know well so that you don’t have to try hard to remember it.

For example: Think of your kitchen and imagine some objects in particular places. You could put something on the window, something on the worktop, something on the wall, something in the washing machine etc. Imagine the objects in these places.

Task:

Below is a shopping list of eight items. Choose a suitable number of objects for you to try and remember which gives you a bit of a challenge – it might be all of them, it might be three. It doesn’t matter – the point is to have a go at using the strategy. Use the strategy of loci to learn the list. Ask someone to test you later...and the next day...and in three days’ time. If you can still remember the shopping list a few days later, loci may well be a perfect strategy for you to use for some of your school learning!

1. A Mars Bar
2. A box of eggs
3. 2 pints of milk
4. An iceberg lettuce
5. A small block of Cheddar cheese
6. A box of Rice Krispies
7. A light bulb
8. A large bottle of washing up liquid