



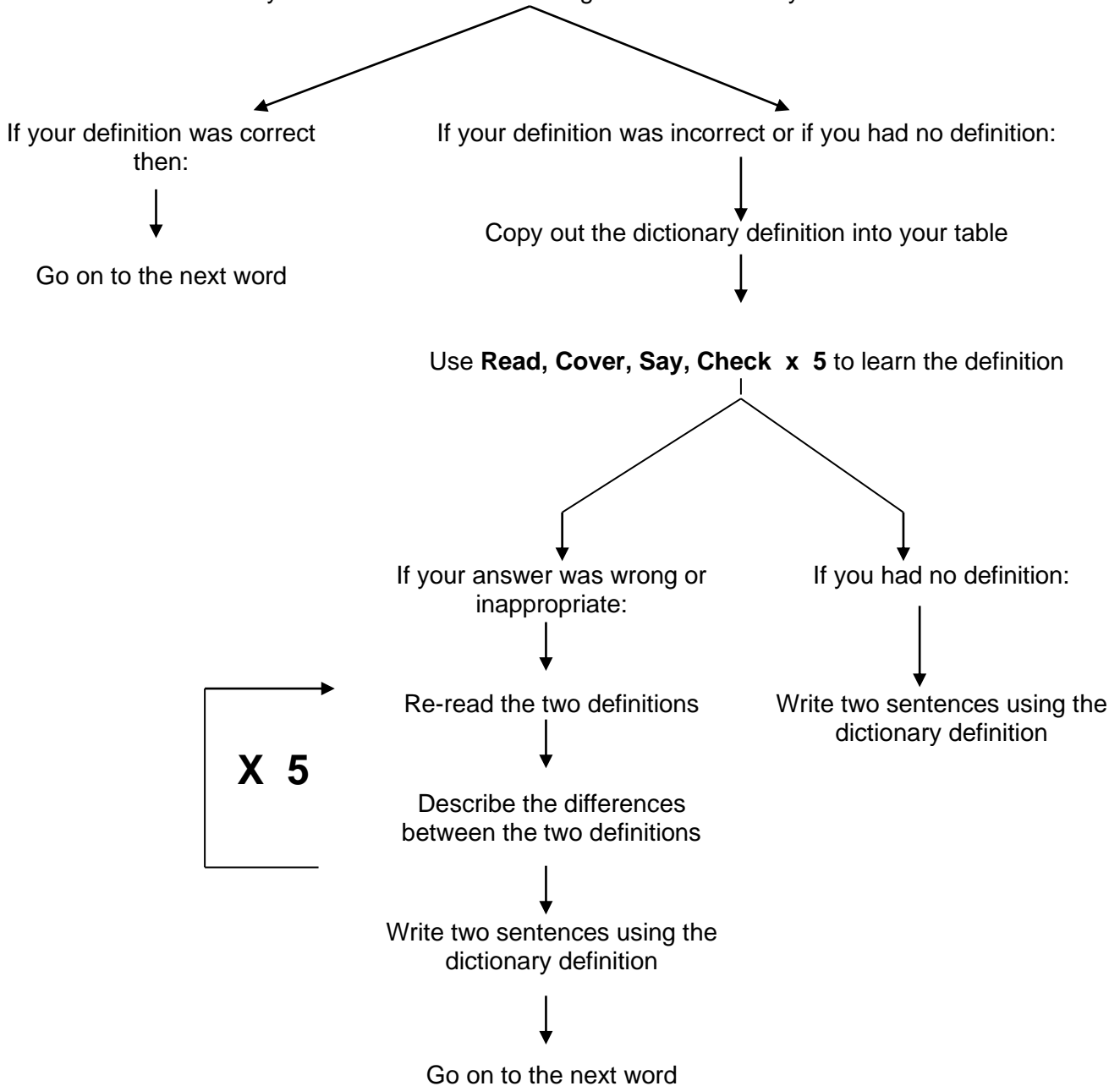
## CONCEPTUAL MEDIATION PROGRAM HOW TO STUDY A WORD LIST

To understand ideas you must understand the words that are used to describe those ideas.

Complete the table in the following way:

1. Write down your own definition(s) for all of the words in the table. If you have no idea what the word means, put a dash (-) in that rectangle.
2. For each word follow the steps below.

Check your definition for the word against the dictionary definition.



I AM IMPROVING

MY

RECALL

MEMORY

by using

LOOK

SAY

COVER

WRITE

CHECK

five times

## THE CONCEPTUAL MEDIATION PROGRAM

### CONCEPTUAL MEDIATION

Conceptual mediation is used when you get confused. It enables you to take control of the accelerated forgetting of the new way so that you can recall the new way whenever you want to.

#### (A) STEPS

- 1) Establish as accurately as possible what your old way (OW) is.
- 2) Write down your OW.
- 3) Write down the new way (NW).
- 4) Read the OW carefully.
- 5) Read the NW carefully.
- 6) Describe the differences between the OW and the NW.
- 7) Repeat steps 2, 3, 4, 5 and 6 a total of five times in that order.

#### *Important notes:*

- When you are describing the differences between the OW and the NW, try beginning with words like:  
*“In my old way I thought that . . . . .”*  
*or “In my old way I felt that . . . . .”*  
*or “In my old way I was . . . . .”*

- Each time you are describing the differences between your OW and the NW you do it as if it was the first time you had ever done it.

You don't have to try and remember what you said before.

#### (B) APPLICATION

This involves using the new idea in some examples.