

Ideas to support concentration and memory

Provide options to support concentration and short-term memory.

- ✓ Monitor and moderate the classroom for visual and auditory distractions.
- ✓ Present information in a range of ways over an extended period of time (for example, a week) to help students to retain information, build their understanding and familiarity of the topic, and stay stimulated and focused.
- ✓ Discuss the effectiveness of the classroom environment with students and make modifications and remove barriers where needed.
- ✓ In online environments, make effective use of visual prompts and cues to support understanding and navigation. Make hyperlinks to background knowledge or previous learning to increase connections.
- ✓ Schedule regular short breaks to allow students to move physically.
- ✓ Slow the pace of your instructions or give students additional time to complete their work.

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