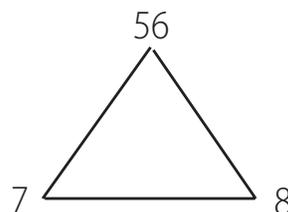


# Associate-Manipulate-Regenerate™

**1. Associate the elements you need to learn.** Put questions with answers, words with definitions, problems with solutions, etc. Here, we'll be using a simple example with multiplication and division facts.

PROBLEM	SOLUTION
$7 \times 8 =$	56
$8 \times 7 =$	56
$56 / 7 =$	8
$56 / 8 =$	7

**2. Manipulate the information into a different form.** By changing the form of the information, we give our brain a chance to learn it in a different way. This improves our memory. If we can reduce the amount of information we're working with, that's even better. Here, I'm going to arrange the numbers in a triangle.



**3. Use the manipulated information to help you regenerate the original information you need to know.** Now I can practice my math facts by simply moving around the triangle.

$$7 \times 8 = 56 \quad 8 \times 7 = 56 \quad 56 / 7 = 8 \quad 56 / 8 = 7$$

No matter which number I start with or which direction I go, I know I can make a correct answer. In time, I'll be able to reduce the information even farther by throwing away the triangle and just using the three numbers 7, 8, and 56. This is my goal because I want to be able to quickly recall all four facts in the fact family as soon as I see any one of the three numbers.