

# Vocabulary *memory.*

*Don't just write words. Build memory hooks.  
A research-informed way to record,  
remember, and use new vocabulary.*

## THE SEVEN STEPS

### 01 Record word families

*decide, decision, decisive*

Add noun, verb, adjective, and a useful phrase.

### 02 Learn chunks

*make a decision, heavy rain, highly likely*

Write two or three words together. Not only a translation.

### 03 Add a quick image

*overwhelmed: a person under too many tasks*

Draw a tiny symbol, or choose one clear visual clue.

### 04 Make it personal

*I felt overwhelmed before my driving test.*

One true sentence about your life, your work, your plans.

### 05 Test before you look

*cover, remember, check, correct*

Close the notebook and try to produce the word.

### 06 Space your reviews

*today, tomorrow, three days, one week*

Try to remember first. Check second.

### 07 Use it aloud or in writing

*"A tough decision I made was..."*

A mini-conversation, a voice note, or a short paragraph.

*One word, seven hooks.*

*Sixty seconds, well spent.*

## THE 60-SECOND ROUTINE

### One word, *seven hooks.*

- i* **Meaning** *in your own words.*
- ii* **Pronunciation** *IPA, or the syllable you stress.*
- iii* **Collocation** *two or three words that travel with it.*
- iv* **Word family** *the noun, the verb, the adjective.*
- v* **Personal sentence** *one true line from your life.*
- vi* **Quick image** *a symbol your eye remembers.*
- vii* **Review date** *when you will test yourself next.*

## SPACED RETRIEVAL PATH

<i>i</i>	<i>ii</i>	<i>iii</i>	<i>iv</i>	<i>v</i>
LEARN	1 DAY	3 DAYS	1 WEEK	1 MONTH

## AN EXAMPLE WORD

### *overwhelmed*

*adjective · feel overwhelmed by work*

**Personal:** *I felt overwhelmed before an exam.*

**Image:** *a person under too many tasks.*