

Access recorded content (audiobooks, podcasts, YouTube videos, etc.).

Listen to fifteen seconds of a program and then stop the recording.

Write down the major concepts or words which occurred - in the order they occurred.

Replay the 15 seconds of the program and check your accuracy.

Repeat the process in 15 second intervals until you become comfortable with the content.

Repeat the activity, increasing the time increments by 5 seconds up to 30 seconds. Do not jump from one length to the next until you are comfortable with the length you are working on.

Once you have successfully worked up to 30 seconds, repeat the process of writing down key elements of a text WITHOUT stopping the tape. Do not start writing down key words or concepts until you are about 5 seconds into the text. Then, continue recording the information simultaneously while listening to the information. This activity will enhance/ increase your dual tasking abilities.

Repeat the activity with ASL texts, only written down the key concepts versus writing down the information. Again, increase the length of the chunk of text you are working with, incrementally, by 5 seconds up to 30 seconds.

Resources

Free Online Materials

ASL Storytime from the Department of Sign Language and Interpretation at Gallaudet University

This series includes three volumes, each containing stories with a broad variety of ASL features.

Available on YouTube.

Volume 1:

Mind Mapping by Michael Gelb and published by Nightingale-Conant, Niles, Illinois.

This 12-part audiotape program teaches how to analyze and plan texts for meaning and how to map ideas for easy recall.

1997 audiobook ISBN 9780671005597

Mega Memory by Kevin Trudeau and published by Nightingale-Conant, Niles, Illinois.

This book introduces about fourteen memory exercises that can help improve memory skills.

2005 book ISBN 0688153879