

# Watershed Coaching & Consultation Services

## Grad School Coaching

Jeanne Stanley, Ph.D.

<http://watershedservices.biz/>

[jeannelstanley@gmail.com](mailto:jeannelstanley@gmail.com)

(215) 397-7086



### Memory Rooms Technique

1. **Select a Familiar Place** – Choose a location you know well, such as your home, office, or a frequently visited spot.
2. **Visualize Moving Through It** – Imagine yourself walking through this space in a set order, from one point to another.
3. **Link Information to Specific Locations** – Assign pieces of information to different objects or areas within the space, using vivid imagery or associations. Feel free to use humor in your imagery to help you remember the images more easily.
4. **Recall by Retracing Your Steps** – Mentally navigate the space to retrieve the stored information when needed.