OPRE Report No. #2023-306

Remembering Names

Co-Regulation Strategies Tip Sheet

Using student names is an important part of relationship building, and for many facilitators, remembering names is a challenge. This tip sheet offers some suggestions for how to meet that challenge.

Use what works for you. Try different methods for remembering student names to see what works best for you. Some options include noticing individual appearances, using name tents, and using mnemonic devices (like rhyming or alliteration). For example, use acronyms or silly phrases to memorize student names. If you make up your own device to remember a student's name, you probably don't want to use it out loud with them!

Create tools for memorization. You can use workbooks or name tents as a practical way to learn and reinforce names. For example, you can practice students' names as you pass out name tents or workbooks at the beginning or end of class.

Check your seating chart. Students often sit in similar areas of the classroom or at the same desk each day. Create and label a seating chart to help remember where each student regularly sits. Use this chart while teaching as a visual reminder of students' names.

Prioritize pronunciation. If you aren't sure how to pronounce a student's name, just ask. Repeat it back to the student to ensure you have it right. Repeating the name out loud lets you check that you have the correct pronunciation and helps reinforce your memory of it. Consider writing pronunciations next to students' names on your seating chart. For example, you might write Stef-an-ie next to Stephanie's name.

Suggested citation: Friend, Daniel, Lauren Mattox, Sheila Cavallo, Alisha Jordan, Rebecca Piatt, and Heather Zaveri. (2023). Co-regulation in Action Video Series and Tip Sheets. OPRE Report #2023-306, Washington, DC: Office of Planning, Research, and Evaluation, Administration for Children and Families, U.S. Department of Health and Human Services.