## Handout: CARE

Use the CARE model to help you remember names better.

* Commit to remember names- making a conscious effort to remember names will make this a priority when meeting people. You may need to write this down as a goal. Later in this workshop, we will learn how to make SMART goals.
* Associate names to other things and events- when meeting someone new try to associate that person’s name to the event or place where you met them. When you do this, you will begin the memorizing process.
* Repeat their names- throughout your conversation with the new person repeat their names as much as possible without become too obvious. Make sure you use their name when you say good-bye.
* Engage yourself in the conversation- when a person introduces himself or herself and they say their name, become engaged in the conversation and focus on learning about that person, and focus on learning their name using the techniques discussed previously. Avoid thinking about what you are going to say next or about other things in general. Remained focused and you will remember names better.