CHAPTER 3

Memory

Multiple Choice

1. The truth about memory is that
   a. the more often you recall information, the easier it is to find it.
   b. short-term memory never leaves you.
   c. most people can still recall all the information they learned 24 hours earlier.
   d. you have no control over the memory process.

2. When you want to remember to do something,
   a. link that activity to another event you know will take place.
   b. ask somebody else to remind you.
   c. pinch yourself to recall what it was.
   d. punish yourself when you forget it the first time.

3. An example of setting a trap for your memory is
   a. looking at a room clock to check the time.
   b. putting an unusual item in your pocket.
   c. reaching for your house keys before leaving the house.
   d. removing your shoes at night when you come home.

4. Which of the following is an accurate statement about mnemonic devices?
   a. They don’t always help you understand the material to be memorized.
   b. The devices are sometimes complicated to learn.
   c. They can be forgotten.
   d. They can increase your ability to recall frequently difficult lists.
   e. All of these.

5. The Power Process: “Love your problems (and experience your barriers)” encourages you to
   a. accept the barrier and take effective action.
   b. struggle against the barrier.
   c. pretend the barrier does not exist.
   d. deny any feeling you are having about the barrier.

6. You can increase memory by organizing information. Organization can be
   a. alphabetically
   b. in categories
   c. spatially
   d. All of these.

7. The best state of mind in which to recall information is to be
   a. tense
   b. overwhelmed
   c. relaxed
   d. sleepy

8. The advantage of drawing a picture to help you remember is
   a. you anchor the information in a second part of your brain.
b. the new picture wipes out old information.
c. you limit your sensory input into the brain.
d. None of these.

9. A useful memory technique is
a. studying a subject for as long as you can before taking a break.
b. creating associations and pictures.
c. knowing the material just well enough to pass the forthcoming test.
d. realizing that repetition makes learning boring.

10. An example of information that is most frequently stored in short-term memory is
a. your parent’s birthday.
b. the lyrics to a favorite song that was played frequently while you were in high school and that you downloaded on your personal music device.
c. the bakery’s phone number you looked up to order a cake on a whim.
d. your best friend’s address.

11. The loci and peg systems are alike because they both
a. are fairly new systems.
b. utilize rhyme and song.
c. demonstrate a failure to actually help store information.
d. create a visual association.

12. The memory jungle presented in this chapter demonstrates the use of
a. over learning.
b. a cute story that distracts one from pressing concerns that can interfere with memory.
c. visualization.
d. an acrostic.

13. Techniques for remembering names when meeting a group of people include all of the following except
a. associating each person with an unusual characteristic.
b. concentrating on remembering just a few names.
c. arriving late to the event so that you have an excuse for not learning names.
d. limiting yourself to just first names.

14. A memory strategy that involves a special kind of flash card is called a(n)
a. Point Card, or P-Card.
b. Question Card, or Q-Card.
c. Detail Card, or D-Card.
d. Answer Card, or A-Card.

15. Which of the following is an inaccurate statement regarding the memory technique “recite and repeat”?
   a. When you repeat something out loud the result is synergistic.
   b. Recitation works best when you recite concepts in your own words.
   c. Repeat a concept out loud until you know it; then say it five more times.
   d. Reciting something silently in your head is as effective as saying it out loud.

16. An example of an acronym is
a. the sentence “Every good boy does fine,” for musical notes on the piano.
b. the word SCUBA, for “self-contained underwater breathing apparatus.”
c. a rhyme.
d. a loci system.

17. An example of an acrostic is
a. the sentence “Every good boy does fine,” for the musical keys on a piano.
b. the word SCUBA for “self contained underwater breathing apparatus.”
c. a rhyme.
d. the fictitious name “Roy G. Biv” for the colors of the visible spectrum.

True/False

18. When you learn something new your brain changes physically.

19. You should see memory as something you have, not something you do.

20. Emotional attachments, such as finding a topic very important to your success, will help enhance memory.

21. Memory formation is a process.

22. The outlining feature of a word-processing program offers a way to combine several memory techniques.

23. Sometimes, when you cannot remember something, remembering something else that is related to the first item will help you in recalling it.

24. Taking periodic breaks while studying actually helps your brain to consolidate information and let it sink in.

25. Reviewing new material soon after you have been exposed to it helps to move it from short-term to long-term memory.

26. Let’s get it straight. The various online and technological applications are solely time hogs that will steal valuable study time and organizational effort.

27. Using a single memory strategy to remember your lesson not only saves time but allows your brain to save energy and remember better.

Completion

28. Explain the stages involved in the memory process.

29. Brain research suggests that thoughts can wear paths in memory. These paths are called ____________________.

30. Using a time bar to organize information is to organize information ____________.

31. The mnemonic device called the ___________ system employs key words that are paired with numbers.
Short Answer

32. Explain the theory of memory using the memory jungle visualization.

33. List and describe three of the five most common categories of mnemonic devices.