Name: _____________________________________       Date: ____________________

Attention Skills

Visual Reaction Time: __________   Visual Go/No Go: _____% ________

Auditory Reaction Time: __________   Auditory Go/No Go: _____% ________

Word Search - Comments _________________________________

Hidden Pictures – Comments _______________________________

How do you feel about your reaction speeds? Was it difficult to not click in the Go/No Go? Did you organize your word search? Could you organize your search for hidden pictures? Describe your attention skills. Do you feel that attention problems are affecting your memory?

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Processing Skills

Conditional Statements: _____/ 10 (8 out of 10 or better is normal)

Tangrams with Solutions: Comments ______________________________________

Reaction to Screen Reader: ________________________________________________

Do you have difficulty reading or have you been diagnosed with a disability that affects your processing? Did you have difficulty understanding the Conditional Statements, or was it more in getting how the parts of the Conditional Statements went together? How was doing the tangrams with the answers? What do you think about how you process information?
Color Reading Interference: ______%  normal _______  interference __________

Dual-and-Back: 1 Back Spatial: ______%  Auditory ______%  Dual _______%

2 Back Spatial: : ______%  Auditory ______%  Dual ________%

Tangrams: Comments ____________________________________________________

Folding Paper: ____/6  Comments ; _______________________________________

Matrices: ____ / 6  Comments: __________________________________________

What did you experience while doing working memory tasks? Were you better with the auditory or with spatial Dual-and-Back? How did it go when dual? How were you with the visual tasks (Folding Paper/Matrices/Tangrams)? Do you think your working memory affected your processing of the Conditional Statements? Describe what you tried to do to hang on to the information. How do you think your working memory skills affect your memory?
**Short-Term Memory**

**Digit Span:** What was the highest level where you got both sets completely right? _____
Normal is 7 numbers, but 5 or 6 is still within normal range.

**Verbal Learning Pairs:** Trial 1 _____ Trial 2 _____ Trial 3 _____ Trial 4 _____ Trial 5 _____
If Trial 1 is much worse than later Trials, you likely have anxiety issues with learning.
In general, your scores should improve across the trials. Normal reaches 8/10 by last set.

These were probably among the most frustrating tasks. Describe anything you did that seemed to make it easier (if it was mental, it was not cheating). Do you think you’d already lost the information due to attention, processing or working memory issues?
Which was easier for you, the word pairs or the numbers? Short-term memory problems are sometimes described as “in one ear and out the other.” Did it feel like that to you?
Do you think short-term memory is part of your memory problem?
**Long-Term Memory**

Retrieving the Verbal Learning Pairs: _______ (5/10 or better is good)

Recognizing them: _______ (7/10 is good, or better if you used reasoning for some)

Survey:
What do you think about your answers in group 5? ____________________________

**Attach your Long Term Memory Survey**

Did you feel like enough information gets into your long-term memory? Are there factors other than memory that affected your answers to the survey? What do you do to help you remember? Do you think you do much better at recognition than at recall? Do you feel that you have a problem in long-term storage, or is it more in retrieval than in storage?

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SUMMARY

Describe what you have learned about your memory for each step of the memory process we have been using this semester (attention, processing, working memory, short-term memory, long-term memory, retrieval). Which step(s) in the process are your strengths? Which are your weaknesses? Are there things you’ve learned about your memory that may change what you do to help you remember better?