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# Mysteries of Memory Worksheet

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Student Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Session 1: Memory and the Brain

Go to the website Exploratorium: The Memory Exhibition (<http://www.exploratorium.edu/memory/index.html>). Under Features, click on Sheep Brain Dissection: The Anatomy of Memory and answer the questions below as you read through all the slides.

- a. What is the cortex of the brain?
  
  
  
  
  
  
  
  
  
  
- b. Explain something you learned about the cortex.
  
  
  
  
  
  
  
  
  
  
- c. What is *working memory*?
  
  
  
  
  
  
  
  
  
  
- d. What is *long-term memory*?
  
  
  
  
  
  
  
  
  
  
- e. What part of the brain processes *skill memory*?
  
  
  
  
  
  
  
  
  
  
- f. In the space below, draw a picture of a brain showing where the three different types of memory are located and what they are called.

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## Session 2: How Memory Works

1. Go to the website Exploratorium: The Memory Exhibition (<http://www.exploratorium.edu/memory/index.html>). Under Online Exhibits, click on Don't Forget!...Playing Games With Memory.
  - a. Play the first game, Memory Solitaire. How did you do? Did you expect to do better or worse?
  - b. Now click the Continue button and read about how you can improve your memory in the section Ways to Remember. What does elaborative encoding mean?
  - c. Now do the second activity, Tell Yourself a Story. What happened? Why does making up a story help you to remember things better and for longer? (List the two reasons given on the website.)
  - d. Now do the third activity, Wander Around Your House. Instead of walking around your house, you could look around the classroom or computer lab. How well did you do on this activity compared with the last one?
  - e. Read the information under What's Going On. Besides connecting the things and picturing them in your mind, what other memorization trick did you use in this game?
  - f. Write one suggestion that is given on the site for memorizing a list of 10 things to buy at the store.
2. Go back to the main page by clicking on the Memory link at the bottom of the page, and click on Doodles. Go through the activity and write here what you learned about memory from this exercise.
3. Go back to the main page and click on Common Cents. What does this activity teach us about memory?
4. Click on If You're Going to Rob a Bank and do the activities. What does this part of the website teach us about remembering faces?
5. Using the memory techniques you have learned, think of a good way to remember what you need to take home from school tonight to do your homework: your math book, language arts book, history book, and an art project from the art room. Draw and/or describe your memory strategy on the back of this sheet (the sillier the better):

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## Session 3: Memory Strategies

1. Here's an example of a memory strategy I have used since this lesson:

2. One way to remember what I read better is to...

3. One way I might apply this knowledge on memory:

a. in my life in general:

b. in my reading:

c. in my classwork: