



### TBH “MEMORY 101” WORKSHEET

#### THE SCIENCE

Understanding how memory works can help us on our journey to improving our memory. We use 3 steps to learn and remember: Acquisition, Storage and Retrieval.

#### NOW DO IT!

Read a string of numbers and letters. Repeat what you see. Cover the page to test yourself. Repeat that string back in the same exact order. Try the same with the next string. Challenge yourself to longer strings as you practice.

Research shows that on average we can recall only about 7 bits of information in strings like these.

#### MEMORY 101 NUMBER/LETTER STRING PROMPTS

##### 4-STRING LENGTH

7 B 6 4  
A 4 9 8  
S 1 T 9

##### 6 -STRING LENGTH

2 7 1 3 6 4  
T G 7 H 2 8  
5 9 D U 3 M

##### 8 -STRING LENGTH

R P M 6 T 2 X 1  
U 8 3 W S 9 Q L  
1 4 G A 7 C P 3

##### 5-STRING LENGTH

9 2 F 4 N  
7 3 V 1 C  
6 J D 3 8

##### 7 -STRING LENGTH

9 0 4 6 1 2 5  
B 3 9 M 1 3 S  
R 4 4 K 2 9 V

##### 9 -STRING LENGTH

4 8 T B K 3 9 C E  
9 1 F J L 3 8 2 Q  
M J W Y 2 V A 9 K

#### TBH TAKEAWAY

We learn and remember using three steps. And testing our memory with something even as simple as a string of letters and numbers can be an effective workout!

Join our next Total Brain Health class and learn more about the many ways we can build a better memory, together!