



FINAL EXAM

SMALL GROUP ACTIVITY

5+ MINUTES

- Lead this quick cognitive warm up to build attention, processing speed, nimbleness and other cognitive skills, as well as group connection.
- Have your class work together to answer 5 of the “true/false” questions below. Respond with the correct answer and explanation.
- When repeating this class, select a different set of 5 questions.
- Encourage distance learners to join in from home.

Hello! Research shows that working against the clock is an important way we can keep our thinking focused, fast and nimble. And these skills are essential to learning and remembering better! Let’s get started.

Today’s “Brain Play” is called “Final Exam.” I bet it’s been a long time since most of you took a final exam. Don’t worry! This will be a group effort. The whole class will work together to answer some questions about what we’ve learned in this course about memory improvement.

I’ll read a statement and you’ll decide together whether that statement is “true” or “false.” Then I’ll share the correct answer. Ready?

FINAL EXAM QUESTIONS

- 1. True or False:** The only way to remember better is to use a complicated mnemonic system. False! Your memory strategies don’t have to be complicated to be effective. Even simple strategies, such as repeating information, are proven to boost recall.
- 2. True or False:** To maximize my memory, I must master all of the techniques covered in this program. False. There’s no need to master a lot of memory strategies. It’s best to figure out the ones that suit you personally and stick with them.
- 3. True or False:** Researchers have found that people over 75 can’t benefit from memory training. False. Research finds that healthy adults of any age can learn new memory skills and improve their recall ability.
- 4. True or False:** Connecting information to something I know is no substitute for a good memory technique. False. Connecting information to something you know is a highly effective memory strategy, called the Connection Strategy.

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- 5. True or False:** I will remember someone's name better if I pay attention when I first hear it. True. You aren't likely to remember something that you don't pay attention to it.
- 6. True or False:** I can improve my memory by making memory habits part of my everyday life. True. Making memory habits part of your routine is key to maximize your memory fitness.
- 7. True or False:** Every brain has a set amount of neuroplasticity. False. Neuroplasticity is a resource that fluctuates depending on how often we practice our memory recall.
- 8. True or False:** My memory will improve if I use anagrams with new information. True. Anagrams are a first letter association strategy that is highly effective.
- 9. True or False:** Once I've learned a piece of information, it will always be accessible. False. Sometimes we may forget! Practicing memory strategies and leading a memory healthy lifestyle can keep your memory strong.
- 10. True or False:** The M in the A.M. Principle stands for "memory." False. The M stands for meaning. Memory strategies make information we want to remember more meaningful.
- 11. True or False:** I will run out of memory space. False. There is no known memory capacity, and no evidence that we can run out of space for our memories!
- 12. True or False:** Memory strategies will make my brain tired and I'll forget what I'm trying to remember. False. Using memory strategies will keep our brains strong and nimble.
- 13. True or False:** Daily practice of memory strategies will make my memory stronger. True. Making memory strategies a habit will boost your retention for things you want to remember.
- 14. True or False:** I can improve my memory by repeating information to myself over and over again. True. Repeating information is one way to remember information! Whether the information is a name or someone's birthday, repetition is effective.
- 15. True or False:** Using lists will improve my memory. True. Lists are a great way to retrieve and track information. Lists are great memory tools, and the act of writing things down also helps reaffirm the information that we are trying to remember.

What an excellent display of teamwork! You all passed that final exam with flying colors. Congratulations all around!



FINAL EXAM

TAKE-HOME WORKSHEET

TOTAL BRAIN HEALTH BRAIN PLAYS

Research shows that when we are more positive about ourselves, and more confident in our memory, we are more likely to perform better on memory tests.

BUILD YOUR BRAIN

Take this time to remember all the great things about YOU! Set your timer to 3 minutes and jot down all the ways that you are unique, independent, smart, stand-apart, purposeful and worthy. These are exactly the same reasons we believe in you too!

Here's to happy memories!
