

Memory and Individual Memory Styles

Exercise 1: Multiple Choice (Memory Types)

Choose the correct answer:

1. Sensory memory is characterized by:
 - a) Long retention
 - b) Immediate forgetting
 - c) Permanent storage
 - d) Emotional recall
2. Which is part of long-term memory?
 - a) Sensory input
 - b) Episodic memory
 - c) Immediate recall
 - d) Reflex action

Exercise 2: Match each type of memory with its description:

A	B
1. Episodic memory	a. Skills and actions
2. Semantic memory	b. Personal experiences
3. Procedural memory	c. Words and knowledge

Exercise 3: Fill in the blanks

Complete the sentences:

1. Memory is the ability to , store, retain, and retrieve information.
2. memory deals with information from the senses.
3. repetition helps improve long-term memory.

Exercise 4: Answer briefly:

1. Give two causes of forgetting.
2. What is the difference between short-term and long-term memory?

Exercise 5: Identify Your Memory Style

- I visualize information
- I repeat information aloud
- I associate ideas with personal experiences
- I create stories to remember
- I write things down

What is your dominant memory style?

Exercise 6: Write True or False:

1. Everyone uses the same memory strategies.
2. Emotional experiences can improve memory.
3. Repetition is not useful for memorization.

Exercise 7: Write 4 to 5 lines:

- Describe a situation where you used **episodic memory**.
- Explain which strategy helped you remember it.

Exercise 8: Read the case and answer:

A student studies for hours but forgets everything during the exam. He reports stress, lack of sleep, and difficulty concentrating.

Questions:

1. Identify **two causes** of his memory problem.
2. Which type of memory is mainly affected?
3. Suggest **two solutions** based on memory techniques.

Exercise 9: Classify the following into sensory, short-term, or long-term memory:

- Remembering a smell for a few seconds
- Recalling a lecture after one week
- Memorizing a number briefly

- Recognizing a familiar face

Exercise 10: Correct the mistakes:

1. Short-term memory stores information permanently.
2. Procedural memory deals with facts and language.
3. Sensory memory lasts for hours.

Exercise 11: Compare and Contrast

Write 4–5 lines comparing:

- Episodic memory vs Semantic memory
(Include definition + example)

Exercise 12: Strategy Identification

Read and identify the memory strategy used:

1. A student repeats information several times over days.
2. A learner creates a funny sentence to remember terms.....
3. A student links new knowledge to past experience.