

Lesson 4: Memory Tricks Overview

Goals:

1. Learn how we make and store memories
2. Common memory problems and why they happen
3. Techniques to improve memory

Materials Needed:

- Copy of Stroop Effect color/name chart. Must be printed in color.
- Prepare a tray with 10-15 random items, some of which can be naturally grouped together, such as office supplies or cosmetics. Keep this covered with a cloth so no one can see it beforehand.

Length:

About 45 minutes

Lesson Activities:

1. Remember the grocery list
 2. The Stroop Effect chart: First the group recites the words and then the colors of the words.
 3. Tray Game: Fill a tray with about 10 – 15 random items and let participants view it for one minute. Choose some items that can be naturally grouped together, such as office supplies or cosmetics. About 15 minutes later ask participants to write down all the items they can remember. Have them share their strategies for remembering, what worked and what didn't.
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