

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

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

## Inside Out: Your 4th Grade Guide to High-Speed Brain Processing

Evaluate how your mind sorts, layers, and pulls data from storage to solve complex mental puzzles on the fly.

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**1. Imagine you are learning a new dance routine. You decide to group three steps together and call them 'The Wave.' Which mental strategy are you using to make the steps easier to remember?**

- A. Echoic memory
- B. Chunking
- C. Sensory overload
- D. Automaticity

**2. When you are trying to solve a complex riddle, your \_\_\_\_\_ memory acts like a 'mental workbench' where you hold and move information around to find the answer.**

- A. Long-term
- B. Working
- C. Remote
- D. Muscle

**3. Metacognition is the process of 'thinking about your own thinking' to help you decide which study strategy will work best for a hard test.**

- A. True
- B. False

**4. You see a picture of a rare animal for two seconds. A minute later, you can't remember its name, but you can describe its stripes. This is because the visual information was likely lost during which stage?**

- A. Long-term retrieval
- B. Semantic encoding
- C. Sensory memory decay
- D. Recognition failure

**5. If you are using a detailed map to find a hidden treasure in a park, you are using \_\_\_\_\_ thinking to interpret the symbols and apply them to the real world.**

- A. Abstract
- B. Concrete
- C. Implicit
- D. Physical

**6. Cognitive flexibility is your brain's ability to switch between thinking about two different concepts or to adapt to a new rule while playing a game.**

- A. True
- B. False

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**7. While reading a mystery novel, you try to guess the villain by looking at small clues the author left behind. This type of reasoning is called:**

- A. Deduction
- B. Inference
- C. Memorization
- D. Sensory Input

**8. When you practice a piano song so many times that you can play it without even thinking about where your fingers go, the memory has moved into \_\_\_\_\_ memory.**

- A. Short-term
- B. Procedural
- C. Visual
- D. Episodic

**9. Which of the following is an example of an 'Interference' error in memory?**

- A. Forgetting your lunch at home because you were rushed.
- B. Calling your new teacher by your old teacher's name.
- C. Remembering every word to your favorite song.
- D. Drawing a picture from a memory of your summer vacation.

**10. Selective attention allows your brain to focus on your friend's voice in a noisy cafeteria while blocking out the background sounds of trays clattering.**

- A. True
- B. False