

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

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

## Answer Key: How Does Your Brain Store the World? 7th Grade Memory Quiz

Encoding methods, sensory storage, and retrieval cues — 10 questions to help you understand how your mind organizes and remembers daily life.

**1. When you use the acronym 'HOMES' to remember the names of the Great Lakes, which cognitive strategy are you using to help encode the information?**

**Answer:** A) A mnemonic device

Mnemonics are memory aids that help link new information to familiar patterns, making it easier to encode into long-term memory.

**2. The extremely brief storage of visual information, like the trail left by a sparkler in the air, is known as \_\_\_\_\_ memory.**

**Answer:** B) Iconic

Iconic memory is a type of sensory memory that stores visual images for a fraction of a second.

**3. True or False: Information must pass through short-term memory before it can be stored in long-term memory.**

**Answer:** A) True

According to most models of memory, information is processed in short-term (working) memory before it is consolidated for long-term storage.

**4. If you remember exactly where you were and what you were doing when you heard a piece of shocking news, you are experiencing a:**

**Answer:** C) Flashbulb memory

Flashbulb memories are vivid, detailed memories of exactly where you were during a significant or emotional event.

**5. When you learn a new skill like riding a bicycle or playing the piano, you are developing \_\_\_\_\_ memory, which is memory for how to do things.**

**Answer:** D) Procedural

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Procedural memory is the part of long-term memory responsible for knowing how to perform motor skills and physical actions.

**6. True or False: Forgetting is always a sign of a brain problem and never happens in a healthy person.**

**Answer:** B) False

Forgetting is a natural part of cognition that helps the brain filter out unnecessary or outdated information.

**7. You walk into a kitchen and suddenly remember you need to buy milk. The kitchen acted as a \_\_\_\_\_ to help you retrieve the memory.**

**Answer:** A) Context cue

Context cues are environmental triggers that help your brain 'find' and retrieve a specific memory associated with that location.

**8. Grouping individual pieces of information into larger, familiar units (like a phone number 555-0199) to remember them easier is called \_\_\_\_\_.**

**Answer:** B) Chunking

Chunking allows the short-term memory to hold more information by organizing small bits into meaningful groups.

**9. Which cognitive process are you using when you compare two different brands of sneakers to decide which ones are better for running?**

**Answer:** C) Evaluation

Evaluation is a cognitive process where you weigh evidence or features to make a judgment or decision.

**10. True or False: Repeating a word over and over to yourself is a form of rehearsal used to keep info in short-term memory.**

**Answer:** A) True

Maintenance rehearsal is the process of repeatedly thinking about or saying a piece of information to prevent it from being forgotten.