

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Forgetting is a natural part of cognition that helps the brain filter out unnecessary or outdated information.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