

Name: _____

Date: _____

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?

- A. A mnemonic device
- B. Sensory adaptation
- C. Echoic memory
- D. Trial and error

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

- A. Procedural
- B. Iconic
- C. Semantic
- D. Episodic

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

- A. True
- B. False

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:

- A. Procedural memory
- B. Rehearsal loop
- C. Flashbulb memory
- D. Heuristic block

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.

- A. Declarative
- B. Echoic
- C. Selective
- D. Procedural

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

- A. True
- B. False

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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.

- A. Context cue
- B. Algorithm
- C. Sensory shift
- D. Storage bin

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

- A. Dividing
- B. Chunking
- C. Scanning
- D. Mapping

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

- A. Encoding
- B. Retrieval
- C. Evaluation
- D. Storage

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.

- A. True
- B. False