

**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.

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**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