

**Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

## **Will Your Brain Forget This? 7th Grade Memory Mastery Quiz**

Analyze how information transitions from sensory input to permanent storage through real-world scenarios involving mnemonics, the spacing effect, and cognitive biases.

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**1. To remember the Great Lakes (Huron, Ontario, Michigan, Erie, Superior), Sarah uses the word 'HOMES.' Which cognitive strategy is she employing to improve retrieval?**

- A. The Method of Loci
- B. An acronymic mnemonic
- C. Implicit procedural memory
- D. The serial position effect

**2. The 'Spacing Effect' suggests that 'cramming' for several hours the night before a test is more effective for long-term retention than shorter study sessions over several days.**

- A. True
- B. False

**3. When you try to remember a phone number by grouping the digits into three sets (e.g., 555-019-2234), you are using a cognitive process known as \_\_\_\_\_.**

- A. Priming
- B. Semantic encoding
- C. Chunking
- D. Echoic memory

**4. While riding a bicycle, you aren't consciously thinking about how to balance; this is an example of which type of long-term memory?**

- A. Declarative Memory
- B. Episodic Memory
- C. Procedural Memory
- D. Semantic Memory

**5. A student believes that all teenagers are messy after meeting one messy peer. This is an example of \_\_\_\_\_ reasoning, where a general conclusion is drawn from a specific instance.**

- A. Deductive
- B. Inductive
- C. Syllogistic
- D. Heuristic

**6. In the 'Modal Model' of memory, what is the correct order of the stages an external stimulus must pass through to become a permanent memory?**

- A. Short-term -> Sensory -> Long-term

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- B. Sensory -> Short-term -> Long-term
- C. Long-term -> Encoding -> Sensory
- D. Retrieval -> Storage -> Encoding

**7. The 'Misinformation Effect' demonstrates that a person's recall of an event can be altered if they are exposed to misleading information after the event occurred.**

- A. True
- B. False

**8. When choosing between two brands of cereal, Marcus picks the one he recognizes from a catchy commercial without researching the nutrition facts. He is using a(n) \_\_\_\_\_, a mental shortcut.**

- A. Algorithm
- B. Bias
- C. Heuristic
- D. Logic Tree

**9. Which of the following is an example of 'Elaborative Rehearsal' rather than just 'Maintenance Rehearsal'?**

- A. Repeating the word 'Mitosis' over and over out loud.
- B. Writing a vocabulary word ten times in a notebook.
- C. Connecting the concept of 'Mitosis' to how a cut on your skin heals.
- D. Staring at a diagram of a cell for five minutes.

**10. Working memory has an unlimited capacity and can hold complex information for several hours without active rehearsal.**

- A. True
- B. False