

ACTIVITY NO. 1.3: MEASURING SHORT TERM MEMORY (STM)

Objective

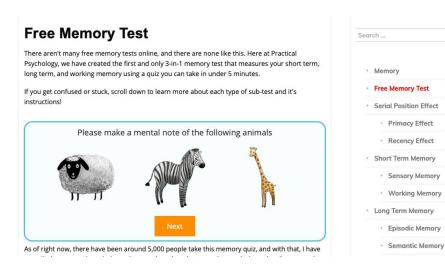
Determine how much the capacity and span of a human STM.

Materials

Personal Computer

Procedure:

- 1. Go to https://practicalpie.com/free-memory-test/ website.
- 2. Play the Short Term Memory video below
- 3. Click FREE MEMORY TEST on the right side of the screen.



4. Answer the following questions:

1. What conclusions can you draw from this activity?
Answer: This website and activity were specifically made to
test our short and long term memory and was fairly challenging
in some parts of the challenge.



2. What does this indicate about the capacity of short-term memory?

Answer: This indicates that our short term memory has large capacity to store information we just saw but we have not internalized into our brain.

3. What does it indicate that helps improve the capacity of short-term memory?

Answer: According to the website we should have a healthy lifestyle such as exercise and a balanced nutrition, as well as doing mental exercises like puzzles, reading or writing, and playing a musical instrument. The website also teaches us to use Mnemonics and memory techniques to easily remember information on example is the color of the rainbow red, orange, yellow, green, blue, indigo, violet being shortened into "roygbiv". Their last few ways of improving our memory is to continually learn and socialize as our brain is active in those moments.

