

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.

Free Memory Test

There aren't many free memory tests online, and there are none like this. Here at Practical Psychology, we have created the first and only 3-in-1 memory test that measures your short term, long term, and working memory using a quiz you can take in under 5 minutes.

If you get confused or stuck, scroll down to learn more about each type of sub-test and it's instructions!

Please make a mental note of the following animals



Next

As of right now, there have been around 5,000 people take this memory quiz, and with that, I have

- Memory
 - Free Memory Test
 - Serial Position Effect
 - Primacy Effect
 - Recency Effect
 - Short Term Memory
 - Sensory Memory
 - Working Memory
 - Long Term Memory
 - Episodic Memory
 - Semantic Memory

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.

