

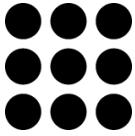
CHUNKING WORKSHEET

*This worksheet is a **diagnostic tool**, used to help you identify your working memory capacity, and to demonstrate how chunking can help you memorize more, without expanding working memory. **This worksheet is not meant as a training worksheet - it's something you can do just once!***

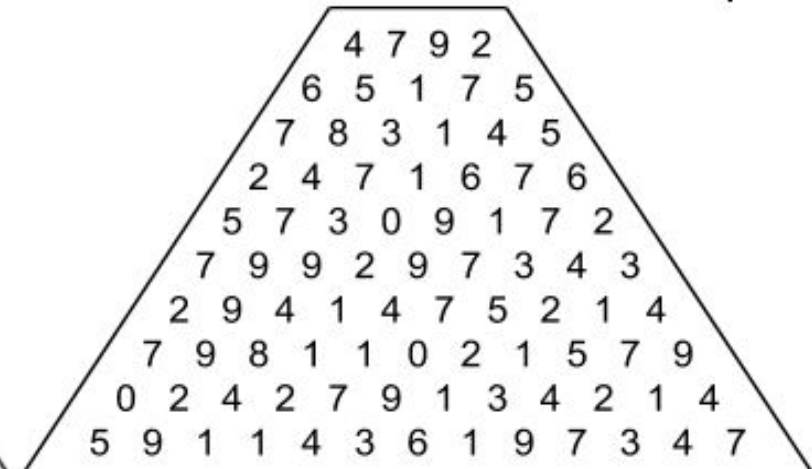
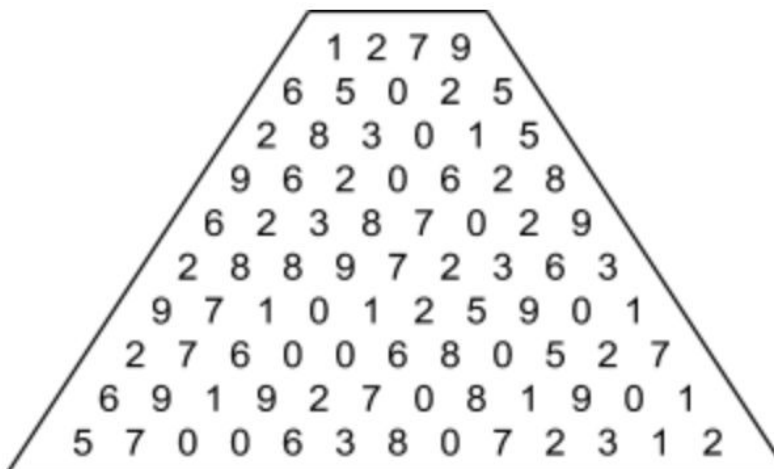
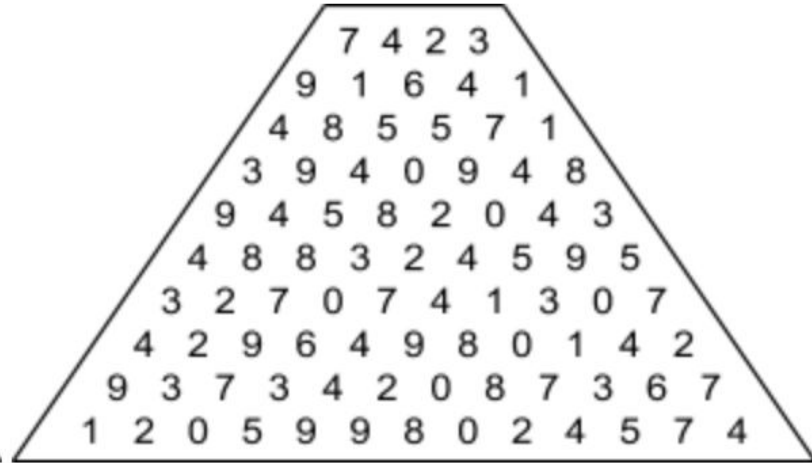
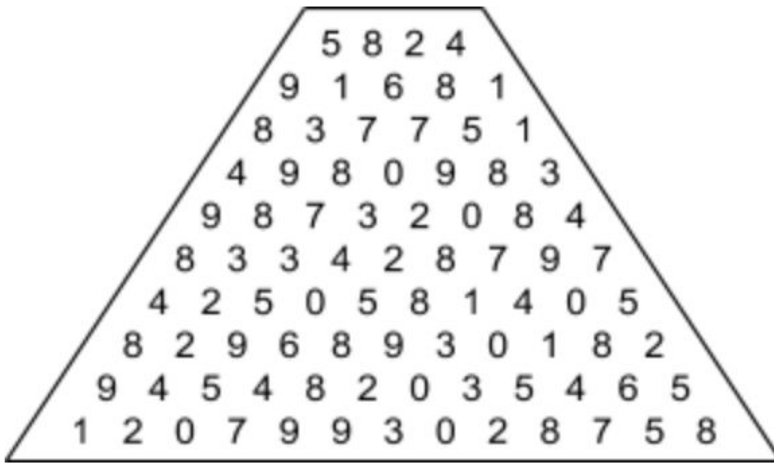
Instructions: On the next page, you'll find a series of pyramids with numbers in them. Your goal will be to memorize one line at a time on the first sheet, and then write it out on a blank pyramid on the following sheet without peeking. Starting from the top line, repeat line-by-line, looking back to see how you did after each line.

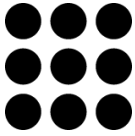
As you get to the larger sequences of numbers towards the bottom of the pyramid, you'll find that you need to chunk numbers together to remember them. Repeat for each pyramid, paying special attention to where you start to have difficulty. By the 4th pyramid, you should understand your working memory capacity - and be able to use chunking to memorize even the bottom row in "chunks" of numbers.

Once you've completed this worksheet, you can apply your newfound understanding of chunking towards the 20 random images generator.



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The worksheet contains four identical trapezoidal shapes arranged in a 2x2 grid. Each trapezoid is designed for chunking practice, featuring a series of horizontal dashed lines that increase in length from top to bottom, creating a triangular pattern within the trapezoid's outline. There are 10 dashed lines in each trapezoid, with the top line being the shortest and the bottom line being the longest, matching the width of the trapezoid's base.