

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

Search ...

- 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 test shows how limited a person's memory is. Fortunately, computers exists to bridge the gap between short-term memory and information.

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

Answer:

It tells us that we need to rely on something in order to alleviate short-term memory. Humans can only process a limited amount of information and it will be hard to find a place to store information if the brain is constantly processing information.

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

Answer:

The test indicates that while different people may have different information processing capabilities, people can still have a hard time remembering information. Improving one's physical condition can help improve one's cognitive capabilities.