

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

Objective

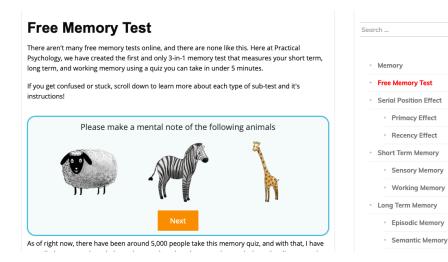
Determine how much the capacity and span of a human STM.

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 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.