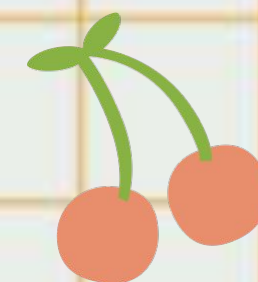




Improving Memory




Thank you for joining us today!





Recall your day today:

Can you remember 3 things about your morning?





Today's Goals

- Learning how memory works
- Learning how memory changes over time
- improve our memory via memory games
- strategies to improve memory





**What are the different
types of memory?**

Working Memory

- Short-term storage
- Example: Ever forget a person's name right after they just told you?
- Encoding



Long-term Memory

- Consistent usage
- More able to retain information
- Short-term memory becomes long-term through encoding
 - Writing things down
 - Repeating things out loud



Let's test our memory!

(Category Game)





How did it go?

What are some strategies
you used?

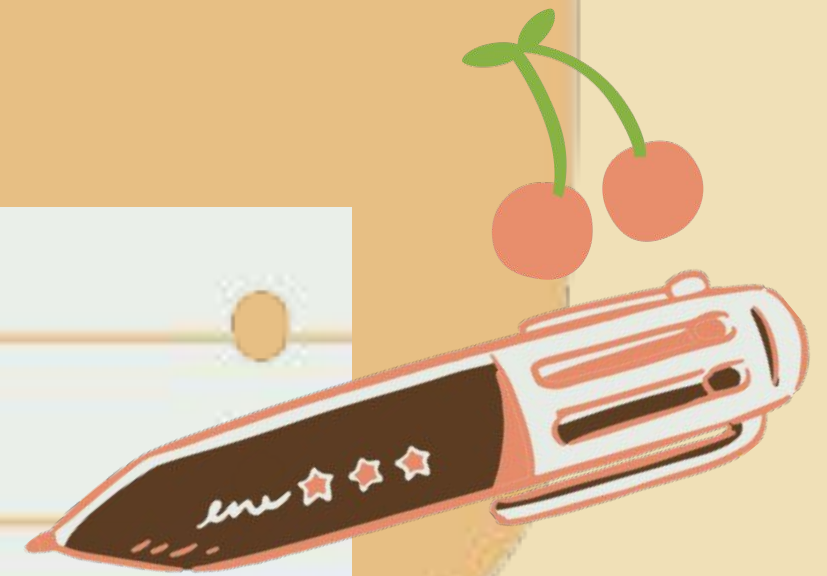




Strategies for improving memory



1. Association
2. Saying things over and over
3. Writing it down
4. Memory games (directly improves memory)



Let's put it into action!
(Memory Card Game)





**What memory
strategies/games did you
enjoy most, and how will you
use them moving forward?**





Thank you for attending!

Second session:
April 18, 2025 at 4 PM!

