

Quiz

HOW MUCH DO YOU KNOW ABOUT MEMORY, LEARNING, AND FORGETTING

1. Immediately after reading a textbook chapter an average reader remembers only about
 - a. 50%
 - b. 25%
 - c. 80%
 - d. 15%
2. Approximately what percent of all the ideas entering the mind do we forget within four weeks' time?
 - a. 98%
 - b. 50%
 - c. 80%
 - d. 30%
3. Comparing spaced versus unspaced memorization, research indicates that for long-term retention the effectiveness of spaced memorization is
 - a. Slightly less
 - b. Slightly more
 - c. About the same
 - d. A great deal more
4. Studies have proved that memory of words/definitions learned in context/sentences is how many times as lasting as memory of separate, isolated words?
 - a. 25%
 - b. 10%
 - c. 5%
 - d. about the same
5. () True () False: Remembering material harmonious with our attitudes is easier than remembering material that is contrary to our attitudes.
6. () True () False: The human brain has trouble remembering more than six or seven items, number, or letters at one time.
7. () True () False: Practice of material already learned has little effect on remembering.
8. () True () False: The greatest amount of forgetting of both meaningful and non-meaningful material, occurs directly after finishing the immediate learning task.
9. () True () False: Usually, you can remember material that is incompletely learned.

10. () True () False: The rate of forgetting of both meaningful and non-meaningful material, slows down after the initial loss.
11. () True () False: Generally, material learned without interest is forgotten rapidly.
12. () True () False: An efficient memory requires use of both the left and right sides of our brains.
13. () True () False: The more absurd, ridiculous, action-packed, sexual, bizarre the mental picture you form of material the more vivid your memory will be.
14. () True () False: The intention to remember is the first step toward increasing memory of names, facts, and events.
15. () True () False: In learning new material it is more important to place your emphasis on speed rather than on accuracy.
16. () True () False: Understanding new material precedes trying to remember it.
17. Which is the best study technique for reducing your course material size.
- Learn the material from unrelated facts.
 - Organize facts into categories that are meaningful to you.
 - Recite the material in the author's or lecturer's words.
 - Plan to read all the material very carefully one time.
18. When trying to remember large masses of material the best method is:
- Master nearly all of the facts presented in class and in the textbook.
 - Select which facts to master and which ones you can safely ignore.
 - Prepare mainly from old tests.
 - Study main ideas and concepts thoroughly one time.
19. () True () False: Once we have learned thoroughly a new fact, work, or idea, it becomes an established center in the mind for attracting additional information.
20. () True () False: Background information is of very little influence toward assisting us in organizing and remembering new material.
21. () True () False: Recitation is a very powerful method for transferring material from the short-term memory to the long-term memory.
22. () True () False: Recitation has very little effect in helping to understand the material you are to learn.

23. () True () False: Recitation should vary from approximately 25 to 90 percent of your study time according to the type of material you are studying.
24. Select the best three reasons why students who use a series of reasonably short study periods have a higher retention rate than students who study continually until the study task is completed and no more:
- Interest seems to be higher when relative short study periods are utilized.
 - The neural processes of learning once activated seem to continue working between the short study periods.
 - The learner is more apt to remember facts which are both essential and nonessential to the student.
 - Emotional as well as physical fatigue are minimized.
25. () True () False: Once a thought or idea has been put into your memory, it stays there for the rest of your life.
26. () True () False: "Forgetting" is either the failure to store information in the first place or the lack of ability to recall stored information.
27. () True () False: Unorganized material is just as easy to remember as organized material.
28. () True () False: Involvement of all five of your senses increases your ability to remember something.
29. () True () False: You will be able to recall details more effectively if you can gather them all together and create a common association like an extended metaphor or story.
30. () True () False: Forgotten material is relearned in less time than was required for learning it originally.
31. Describe some ways in which you can create interest and enthusiasm in a subject which at present is boring to you.