

# Memory

This assignment supports the following objective(s):

- Describe the relationship between physiological sensation and psychological perception.
- Explain situational decisions based upon principles of cognitive and social psychology.

## Assignment overview

How is your memory? In this assignment, you will have the opportunity to take a short memory test. You will also describe some ways you can improve or retain your memory.

## Deliverables

- One Word document (approximately 250 words)
- Name the document using the proper file naming convention:  
PSY101\_wk3\_assn\_jsmith\_mmddyyyy

## Assignment details:

Perform the following tasks:

1. Take the memory test by clicking the following link: [http://psychologytoday.tests.psychtests.com/take\\_test.php?idRegTest=3360](http://psychologytoday.tests.psychtests.com/take_test.php?idRegTest=3360).
2. Next, answer the following questions:
  - a. How did you score on the test?
  - b. Does your score indicate you have problems with your sensory, short term, or long term memory? If so, what are some things you can do to improve your memory?
  - c. Based on this week's readings, what are some things you can do to keep your sensory, short-term or long-term memory strong?

**Rubric:** See [assignment rubric](#) for grading details.

## Grading:

Gradable items in assignment	Points
Memory test score	10
Describes what type of memory is affected	40
Describes how to improve and/or retain memory	40
Spelling and grammar	10
<b>Total Points</b>	<b>100</b>