






MEMORY BOOT CAMP
Online!

with
Drs. Gail Eskes & Ryan Wilson

Module 1: User's Guide to Memory Overview

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**Welcome to Module 1:
User's Guide to Memory**

• Learning Objectives:

By the end of this module, we hope that you can:


- Describe how memories are stored
- Name the different types of memories we have
- Explain the steps to making a memory
- Identify some factors that interfere or improve memory
- Describe how memory is affected by aging

Module 1: User's Guide to Memory

What to look for in Module 1

<p style="text-align: center; font-weight: bold;">2 Topic Videos</p> <ul style="list-style-type: none"> • What is Memory? • Aging and Memory 	<p style="text-align: center; font-weight: bold;">2 Demonstration Videos</p> <ul style="list-style-type: none"> • Selective attention video • Steps to Memory video 	<p style="text-align: center; font-weight: bold;">Work Sheets</p> <ul style="list-style-type: none"> • MMQ: Rate your memory • Memory Log: Track your memory
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Topic Videos

<p style="text-align: center; margin: 0;">Topic 1: What is Memory?</p> <ul style="list-style-type: none"> • What is memory? • Different types of memory • The 3 R's to a good memory 	<p style="text-align: center; margin: 0;">Topic 2: Memory & Aging</p> <ul style="list-style-type: none"> • How does memory change with aging? • What factors can affect memory? • Good news about aging & memory! • Are my memory changes normal?
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Demonstration Videos

- Selective attention video
 - Introduces you to the power of attention
 - How does attention affect our memory?
- Steps to Memory video
 - There are many ways to analyze incoming information
 - Which way worked best for you?

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Written Materials

- Multifactorial Memory Questionnaire (MMQ)
 - Rate your contentment, ability and use of strategies
 - Bring your scores with you to class and we can discuss
- Memory Log
 - Become more aware of your own memory challenges
 - Do you see any patterns?
 - Keeping track can help you set goals

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Let's Get Started!
Up Next
Topic 1:
What is Memory?

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