

Handout 6.3

Tested Your Memory Lately?

When it comes to our memories, we are our harshest critics, focusing not on countless facts recalled every day, but on the forgotten few. This quiz offers a rough guide to how your memory stacks up against the norm. Now, where did you put that pen?

- 1 = Not within the last six months**
- 2 = Once or twice in the last six months**
- 3 = About once a month**
- 4 = About once a week**
- 5 = Daily**
- 6 = More than once a day**

- _____ 1. How often do you fail to recognize places you've been before?
- _____ 2. How often do you forget whether you did something, such as lock the door or turn off the lights or the oven?
- _____ 3. How often do you forget when something happened—wondering whether it was yesterday or last week?
- _____ 4. How often do you forget where you put items such as house keys or wallet?
- _____ 5. How often do you forget something you were told recently and had to be reminded of it?
- _____ 6. How often are you unable to remember a word or name, even though it's "on the tip of your tongue"?
- _____ 7. In conversations, how often do you forget what you were just talking about?

Total points:

Score: 7–14 = better than average memory

15–25 = average ;

26 or higher = below average