

# How to Test Your Memory

by Richard C. Mohs, PhD

## Memory Test

This simple memory test may help give you a better idea of whether your memory problems are out of the ordinary or cause for concern. Keep in mind that this is just a simple paper-and-pencil memory test. For a more specific test of your memory, contact your doctor or a psychologist, who can administer a battery of special memory tests.

### Simple Memory Test:

1. Remember these words: apple, television, lamb

2. Remember this name and address:

Jane Doe 2745 Broad Philadelphia, PA

3. Do you have trouble remembering what you've done for the past few weeks?

4. Is it hard for you to remember lists?

5. Have you noticed a decline in your ability to calculate in your head, such as figuring out a restaurant tip or making correct change?

6. Do you forget to do your homework?

7. Do you have trouble remembering names?

8. Do you have trouble recognizing people you should know?

9. Do you have a hard time finding the right word you want to use?

10. Do you have trouble remembering how to do simple tasks such as using a microwave or a remote control?

11. Do memory lapses interfere with your functioning at school?

12. Do memory lapses interfere with your functioning at home?

13. Do memory lapses interfere with your functioning in social situations?

14. Name the last three novels you read.

15. Name the past three U.S. presidents.

16. What was the main dish you had for dinner the past two nights?

17. What were the last two movies you saw?

18. Write down the three words you were asked to remember at the beginning of the quiz (without looking)

19. Write down the name and address you were asked to remember at the beginning of the quiz.

Scoring:

Give yourself 1 point for each "no" answer for questions 3-13 (maximum 11 points)

Give yourself 1 point for each blank you correctly filled in for questions 14-19 (maximum 21 points)

If you scored:

28-32 Congratulations! You have a better-than-average memory.

22-27 Not bad, but you could benefit from some memory exercises.

15-21 Your memory is a bit weak; memory exercises should help you improve your memory.

0-14 You may want to consider getting a professional evaluation.

**Name:** \_\_\_\_\_ **Due Date:** \_\_\_\_\_

**Article of the Week #31**  
**How to Test Your Memory**

- 1. Take the Memory Test above. What was your score?**
  
- 2. What do you think this memory test says about you and your memory?**
  
- 3. Do you think life would be better if you could remember every detail of every day or if you just remembered general information? Explain your thinking.**
  
- 4. Imagine that you are Jonas and receiving all your memories at once. What do you think that would be like? Explain.**
  
- 5. If you were the Giver and could pass on three memories to a Receiver, what memories would you pass along?**