***PSY 4342 Memory Enhancement Handout***

**Scenario:** You are a university professor, and you truly want your students to learn the material in your course and to do well on your exams. To help them succeed, you decide to put together a handout with information on some of the key factors affecting memory.

**Assignment Content:** Your handout must include the following information.

➢ Introduction: Include an introductory paragraph that briefly introduces the information in your handout, and informs the students as to why this information is important for them to know.

➢ Study tips

**▪ Distributed practice**

o *Description*: Define distributed practice, and provide a specific example of using distributed practice to study for an upcoming exam.

o *Support*: Briefly describe the method and findings of a research study showing the positive effects of distributed practice on memory performance.

**▪ Elaborative rehearsal**

o *Description*: Define elaborative rehearsal, and provide a specific example of how it may be used to help students remember information from any college course; feel free to choose any area of study (e.g., psychology, Spanish, mathematics).

o *Support*: Briefly describe the method and findings of a research study showing the positive effects of elaborative rehearsal on memory performance.

**▪ Mnemonics**

o *Description*: Define mnemonics, and provide at least two specific examples that may be used to help students remember information from any college course.

o *Support*: Briefly describe the method and findings of a research study showing the positive effects of mnemonic devices on memory performance.

➢ Lifestyle factors

**▪ Sleep**

o *Description*: Describe how sleep affects memory.

o *Behavioral support*: Briefly describe the method and findings of a research study showing the positive effects of sleep on memory performance.

**▪ Exercise**

o *Description*: Describe how exercise affects memory.

o *Behavioral support*: Briefly describe the method and findings of a research study showing the positive effects of exercise on memory performance.

**▪ Nutrition**

o *Description*: Describe how nutrition affects memory.

o *Behavioral support*: Briefly describe the method and findings of a research study showing the positive effects of nutrition on memory performance.

➢ Conclusions: Include a concluding paragraph that briefly refers back to the information in your handout, and reiterates why this information is important for them to know.

**Sources**

➢ Appropriate sources

▪ *Descriptions*: You may use the textbook as a source when providing definitions and descriptions. If the textbook does not provide sufficient information, you should use journal articles—most likely the same ones that you use for the research support. Note that the specific examples you provide should be your own, and thus, do not require any sources.

▪ *Research support*: For the research support, you must use peer-reviewed journal articles that present new research. Do not use review articles that only summarize the work of others.

**Format**

➢ General format:

▪ Type: The handout must be typed in a readable font, single spaced within paragraphs, and double spaced between paragraphs.

▪ Organization: The handout must be organized with a title for the handout and with prominent headings for each section and subfactor discussed.

▪ Pictures: To make the handout more visually appealing and attract your readers’ attention, add an appropriate picture or clipart for each of the subfactors. These pictures may be either from the clipart on your computer or from an online image search, perhaps through Google (http://images.google.com/). Feel free to also incorporate color, borders, and other elements that you may see in professional handouts. Have fun with it ☺

▪ Length: **Although there is not a page limit for your handout, 4 to 8 pages (not including the reference list) is a good guide.**

➢ Writing Style: Your handout must be void of spelling and grammar errors, and it must include appropriate topic sentences and transitions within paragraphs. Further, although you may use first and second person to relate to your reader, write in a professional style with no slang.

➢ **NO Quotes**: Do not directly quote the author’s words. Instead, paraphrase the material, putting the information into your own words.

➢ APA Format: APA format guidelines must be followed for the reference list at the end of your handout, as well as when citing sources within your handout. These guidelines are detailed below.

➢ Reference list

**Grading rubric for the handout:**

\_\_\_\_ Format (30 points total)

General format (10 points)

Writing style (10 points)

APA format (10 points)

\_\_\_\_ Content (70 points total)

Introduction and conclusion (10 points)

Distributed practice (10 points)

Elaborative rehearsal (10 points)

Mnemonics (10 points)

Sleep (10 points)

Exercise (10 points)

Nutrition (10 points)

\_\_\_\_ Submission: \_\_\_\_\_ days late (10 points off per calendar day)

\_\_\_\_ No quotes: \_\_\_\_\_ instances of copying 10+ successive words (5 points off per instance)

\_\_\_\_\_\_\_ Grade on assignment (out of 100 possible points)