





MEMORY BOOT CAMP
Online!

with
Drs. Gail Eskes & Ryan Wilson

Module 3: Say it Again, Sam

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BootCamp Road Map

Module 1: October 5, 2020
User's Guide to Memory


Module 2: October 19, 2020
Deep Linking

Module 3: November 2, 2020
Say it Again, SAM

Module 3: Say It Again, Sam

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**Welcome to Module 3:
Say It Again, Sam**

- Learning Objectives:
- By the end of this module, we hope that you can:
 - Name the different steps to making an episodic memory
 - Identify a way to enhance receiving
 - Understand how retrieval practice helps to make a memory strong
 - Explain how to enhance memories for names and faces

Module 1: User's Guide to Memory

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What to look for in Module 3

<p style="text-align: center;">2 Topic Videos</p> <ul style="list-style-type: none"> • Receiving to Retrieving • Putting names to faces 	<p style="text-align: center;">1 Demonstration Video</p> <ul style="list-style-type: none"> • Using Say it again, Sam 	<p style="text-align: center;">Work Sheets</p> <ul style="list-style-type: none"> • Spaced Retrieval Log
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Topic Videos

<p style="text-align: center;">Topic 1: Receiving to Retrieving</p> <ul style="list-style-type: none"> • 3 steps to a good memory • Review of better receiving • How to have better retrieving • Putting it together for Face-Name memories 	<p style="text-align: center;">Topic 2: Putting Names to Faces</p> <ul style="list-style-type: none"> • Learn how spaced retrieval works • Practice spaced retrieval • How to get the most out of spaced retrieval
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Demonstration Video

- More Spaced Retrieval Practice
 - Try Say It Again, Sam with another set of faces/names
 - Does Deep Linking the names to faces help make it easier?

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Work Sheet

- Spaced Retrieval Log
 - Practice on different sets of information with increasing delays between retrieval tests
 - Use timers/alarms to help time delays

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Let's Get Started!

Up Next
Topic 1:
Receiving to
Retrieving

Module 3: Say It Again, Sam

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