

Working Memory Journal Prompts.

Grades 1-4

1

Games are fun to play. Can you remember all the steps you need to do to play your favorite game? Describe how you can remember the steps using your working memory.

2

Remembering what to do next takes practice. Think about when you get ready for school. How do you feel when you remember to do all of the steps needed while getting ready for school?

3

Remembering things is easier when you use strategies. Think about a time when you had to remember something important. Tell me about how you remembered it. Did you use a strategy like repetition?

4

Focusing on what you need to do is hard sometimes. Think about a time when you had a hard time focusing. Tell me what was happening around you and how you tried to focus.

5

When you can focus, it feels good. Think about a time when you were able to focus really well. Tell me what was happening around you and how you kept focused.

Working Memory Journal Prompts.

Grades 1-4

6

Repetition is a helpful memory strategy. Think about how you study for a spelling test. Explain how you study for your spelling test and why repetition helps you remember.

7

Paying attention can be tricky. Think about a time when you did a good job paying attention in class. Write or draw about how paying attention helped you learn more.

8

It is important to get rid of distractions around you. Think about a time when you removed a distraction so that you could focus. Write or draw about how removing the distraction helped you.

9

Working memory helps you remember things. Write a letter to your teacher asking them to teach your classmates about working memory and how it can help students remember what to do next.


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Working Memory Journal Prompts.

Grades 5-8

1

Working memory is the ability to use information held in memory to complete a task. Think about the last time that you showed good working memory. It could have happened in class or at home. Maybe it was when you remembered directions, recalled important information during a task, or removed distractions to improve your focus. Describe how your body and mind felt before and after you used working memory. Provide details so readers can understand what it was like to be in that situation.

2

Working while distracted is hard to overcome. Think of a time when you were so distracted you could not focus on your task. Maybe you received phone notifications, your class was talking too loudly, or you started to daydream. Describe your thoughts and your actions taken during this situation. What would you change about your thoughts or actions if you could do it over again? Provide details so readers understand what you were thinking and how you would change your thoughts or actions.

3

Remembering information can be difficult. Think of a time when you struggled to learn the concepts for an upcoming test. For example, maybe you needed to remember the vocabulary words or struggled to memorize the steps needed to solve a math problem. Describe in detail your thoughts before and after you were able to use memory strategies to help you remember the information. Be sure to provide enough details so your readers understand the steps you took to memorize the information.

Working Memory Journal Prompts.

Grades 5-8

4

Time travel has always captured the imagination of humankind. Think about and select a situation when you wish you had a time machine to change how you used your working memory skills. For example, you did not use an acronym to help you remember a science process or could not remember the steps of an assigned project. Then, write a detailed story about a fictional character who travels back in time to help you use working memory skills for your selected situation.

5

Helping another student is a kind way to show that you care. Imagine a classmate who needs help using their working memory skills. Tell me how you would help that student use working memory strategies during class. Maybe you could help them by giving reminders or using a special signal. Describe your imagined classmate's actions and how you help them in three different situations.

6

Working memory is important for students to use during class. Working memory includes using memory strategies to remember information, removing distractions to increase focus, and working on tasks without being reminded. Explain how your classroom environment would improve if students used more working memory and why you think it is difficult for some students to use. Be sure to include specific details to support your explanation.

Working Memory Journal Prompts.

Grades 5-8

7

Understanding your strengths and areas for improvement is essential for growth. Think about what areas of working memory you do well and what areas you need to work on. Explain how gaining additional working memory skills could help you throughout your lifetime. Provide enough details so that your readers understand how improving your working memory skills could help you in the future.

8

More learning occurs if students use good working memory skills in class. Working memory includes knowing how to use memory strategies to recall important pieces of information and how to remove distractions to remain focused. Imagine a student in your class with poor working memory skills. Write a letter to this imaginary student to convince them to improve their working memory. Provide details to support your ideas and convince the reader that more learning will occur if working memory is improved.



Working Memory Journal Prompts.

Grades 9-12

1

Working memory is the ability to use information held in memory to complete a task. Think about the last time that you showed good working memory. It could have happened at work, in school, or at home. Maybe it was when you remembered your teacher's instructions, recalled important information, or removed distractions to improve your focus. Describe how your body and mind felt before and after you used your working memory skills. Provide details so readers know what it was like to be in that situation.

2

Working in a distracting environment is challenging. Think of a time when you were so distracted you could not focus on your task. Maybe your class was talking too loudly, your friend kept bothering you, or your thoughts began to wander. Describe your thoughts and the actions you took during this situation. What would you change about your thoughts or actions if you could do it over again? Provide details so readers understand what you were thinking and how you would change your thoughts or actions.

3

Recalling information when it is needed can be difficult. Think of a time when you struggled to remember information for your class. For example, maybe you needed to memorize the vocabulary words or struggled to learn the steps necessary to solve a math problem. Describe in detail your thoughts before and after you were able to use memory strategies to help you remember the information. Be sure to provide enough details so your readers understand the steps you took to memorize the information.

Working Memory Journal Prompts.

Grades 9-12

4

Time travel has always captured the imagination of humankind. Think about and select a situation when you wish you had a time machine to change how you used your working memory skills. For example, maybe you didn't use memory strategies to help you remember an event or the steps of an assignment. Then, write a story about a fictional character who travels back in time to help you use working memory skills for your selected situation. Include details so readers can understand and follow your story.

5

Helping another student is a kind way to show that you care. Imagine a classmate who needs help using their working memory skills. Tell me how you would help that student use working memory strategies during class. Maybe you can help them by sending a direct message to their phone or using a special hand signal to remind them. Describe your imagined classmate's actions and how you help them in three different situations.

6

Working memory is essential for students to use during class. Working memory includes using memory strategies to remember information, removing distractions to increase focus, and working on tasks without being reminded. Explain how your classroom environment would improve if students used more working memory and why working memory is sometimes difficult to use. Be sure to include specific details to support your explanation.

Working Memory Journal Prompts.

Grades 9-12

7

Understanding your strengths and areas for improvement is essential for growth. Think about what areas of working memory you do well and what areas you need to work on. Explain how gaining additional working memory skills could help you during class. Provide enough details so your readers understand how improving your working memory skills could help you next semester.

8

Working memory skills are important for life. Working memory includes knowing how to use memory strategies to recall important pieces of information and to remove distractions to remain focused. Imagine a student in your class with poor working memory skills. Write a letter to this imaginary student to convince them to improve their working memory. Include enough details to support your opinion and convince the reader that learning these skills will help the student succeed.

