Short-Term Memory Exercise

Find a Friend

For this exercise, have someone read the following sentences to you. Close your eyes, listen carefully, and visualize the information being given. Then repeat back the sentences exactly without looking or hints.

My name is Samantha. I was born in August 1967 in the city of San Antonio, Texas.

I live in a two-story house; it has 5 bedrooms, 1 den, 2 ½ bathrooms, measures 3,500 square feet, and is painted soft beige and white.

I own two pets; JJ, an aggressive but adorable dog, and Bling, a precious bearded dragon lizard that can eat more that 15 crickets in less than 15 minutes.

As for me, I don't want kids; I would rather have lots of animals including 3 dogs, 11 hens, 2 cats, 7 roosters, 17 horses, and 8 pigs. Hopefully, I will have enough space to accommodate my pets in a piece of land of 6 acres minimum, but I'll settle for 3 acres so I can name it Samantha's Little Loving Farm.

Here are some foods with the most antioxidant capacities: blueberries, cranberries, prunes, strawberries, apples, and plums.

Diabetes is a disorder of the metabolism that affects the way our bodies use digested food for growth and energy.

I'm Pat Parker, your claims rep. I'm calling to reach a settlement on your 2004 Subaru Outback, which was declared a total loss since it would be more expensive to repair than to pay you for its current value.

Notetaking to help your short-term memory

Interpreters take notes to support their short-term memory. People speak quickly, and sometimes at length. This is why we teach our interpreters to take short notes as they interpret.

As you listen to the speakers, write down numbers, names, and brief reminders to help spark your short-term memory when it's your turn to interpret.

How to take notes like an interpreter

Use acronyms, abbreviations, arrow, circles, or other signs to help you emphasize or connect ideas in the original message. Write down only the key information in each sentence, and skip words like "the," "I," "to," "and," and other unnecessary words that are implied.

Example:

Patient: I was walking down the street with my husband, when I began to feel dizzy and my chest hurt. I have high blood pressure and cholesterol, and I was so scared. I thought I was having a heart attack or stroke.

Notes: *Walk ↓ st. w/ husb. ⓟ/chest hurt. ↑ bp/chl. scared ♡ attack/stroke.*